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editor's letter

table talk

Since I was a kid, we've had a joke in my family that as soon as we put down the fork on dessert at one meal, we're already discussing options for the next. So it's no surprise I gravitated to the food department as soon as I began working at *Better Homes and Gardens*®, not only for our editors' expertise but also for the seemingly endless supply of cakes, cookies, and treats our Test Kitchen produces—and indeed, I have a sweet tooth.

Our talented team, Maggie Glisan, Hali Ramdene, and Jarret Einck, is headed by Nancy Wall Hopkins (that's Nancy and me, *left*, shopping at Des Moines' amazing downtown farmers market). They know every food trend, every chef, every cookbook author, and every creator of artisanal food products you'd want to know—and we look forward to introducing you to many of them in upcoming issues.

During the holidays our food editors really shine. This year, we find ourselves drawn to the rich, traditional flavors of the South. We fell for biscuits from Carrie Morey at her family table in South Carolina, then promptly helped ourselves to another serving of biscuits in a holiday dressing made by country music star Kimberly Schlapman of Little Big Town. We also put modern, decidedly non-Southern twists on classic pumpkin pie, such as Mexican chocolate and pomegranate-pear.

Realizing that at every Thanksgiving table, the accompaniments are almost more intriguing than the turkey, we asked four rising food stars for their favorite side dishes to bring to a gathering. I'll be doing Michael Solomonov's Middle Eastern beets with *tehina* this year if you'd like to stop by.

Stephen Orr,

Editor in Chief
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Making that recipe from the cover? Show us what you did! If a recipe or project from this issue inspired you, let's see it. #BHGNovember

We're crowning our best holiday baking recipe this

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BHG.com/ Ultimate BakingChallenge





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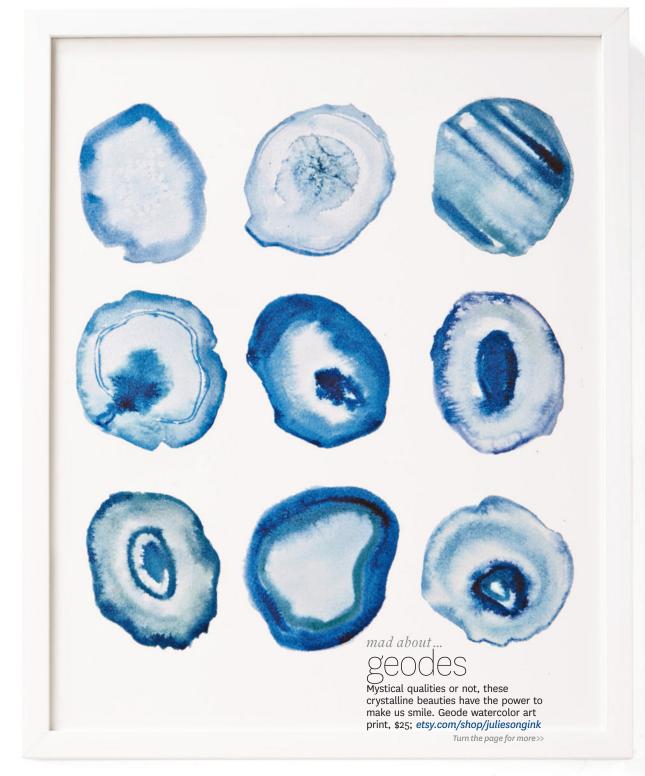


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Handcrafted berry wreaths and natural sisal deer put nature-inspired optimism on full display. And of course, no fall diorama is complete without the pick of the patch. These handblown crackle-glass pumpkins will do nicely, providing autumn richness wherever you plant them.

Our new holiday collections have arrived. See them all in stores and at pier1.com.

november







the happy moviegoer

I Saw the Light

British looker Tom Hiddleston croons the country hits in this biopic about hard-living, hard-loving Hank Williams. (And you do too know his songs: "Your Cheatin' Heart"! "Hey Good Lookin'"! "Jambalaya"!) In theaters November 27.

connect + enjoy

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This multifunction alarm clock does more than tell time: it's also a radio, Bluetooth speaker, and phone charger. Flip on the screen's blackout mode, and the clock stays dark until the alarm goes off. \$100; soundfreaq.com



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redbubble.com

Druzy Necklace, \$45;
jaxkelly.com

Fox Tossing and Other Forgotten and Dangerous Sports, Pastimes, and Games by Edward Brooke-Hitching (\$24; Touchstone) Odd pastimes of the past that you won't see on ESPN.



Lists of Note by Shaun Usher (\$40; Chronicle Books) Everyday lists by minor and major celebs prove they tackle life's to-dos just like us.



Worn Stories by Emily Spivack (\$24.95; Princeton Architectural Press) Sartorial pieces are memorialized by notables like Marcus Samuelsson and Cynthia Rowley.





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Where Montréalers go for haute home goods and housewarming gifts. jamaisassez.com

Joy Deneen's elegant calligraphy covers chalkboard menus around town, but you can bring it home with a custom rubber stamp. imaginejov.com

MONTRÉAL, QUÉBEC POPULATION: 1.65 MILLION

Canada's cosmopolitan second city is like a little bit of Europe tantalizingly close to home.

LET THERE BE LIGHT Dark winter nights are the perfect canvas for the annual Luminothérapie show in the Place des Festivals. The pedestrian plaza turns into a gallery of interactive light and sound installations just waiting to be played with. quartierdesspectacles.com

NATURAL SELECTION Dig the idea of foraging, but hate getting your hands dirty? Outsource it! Épicerie-Fardoche is a boutique grocery that sells herbs, berries, fungi, even seaweed collected by local foragers. Best part: No guesswork for your mushroom quiche. epicerie-fardoche.com/en

H2O, YEAH! Bota Bota's riverboat spa is a water park for grown-ups. The Nordic bath circuit includes hot whirlpools, cold plunges, dry saunas, and more. Open pores, flush toxins, kill stressrepeat. botabota.ca

PIECE OF CAKE When it comes to bûche de Noël, Patisserie Rhubarbe gives customers what they want and more. There's always chocolate for the diehards, a chill ice cream version, and two flavor twists. In years past, grapefruit rosemary white chocolate and apple spice were the special guests. patisserierhubarbe.com

COMIC RELIEF Comic book fans need only pop over to Drawn & Quarterly, an international HQ for graphic novels, literary comics, and cartoons, but not superhero storylines (sorry, Batman). Nonlocals can score, too: The new anthology Drawn and Quarterly: Twenty Five Years of Contemporary Cartooning, Comics, and Graphic Novels is available online. drawnandquarterly.com



Sarah Marc

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"This has some

coverage but still feels light

on skin."



BY JOLENE EDGAR

HER STORY The India-born, Boston-bred designer opened her interior design firm 10 years ago and has revamped countless homes, restaurants, and bars while starring on shows like Food Network's *Restaurant: Impossible*. Recently she picked up another gig: expert for ED on Air. "Few people know this side of Ellen—she's such a lover of design," Taniya says.

ON ELLEN The line's name is a nod to more than the star's initials. "Ed is what Portia and her closest friends call her," says Taniya, whose favorite fall pick is the Chunky Becket Knit Throw (below). \$37.84; qvc.com.

ON STYLE "My superpower: I can size up the look of someone's home from what she's wearing. Multiple prints with baggy jeans and bright heels—that tells me that she's fun and casual, and not afraid of pattern. Me? My standard look is dark skinny jeans, a dressy top, and one big accessory. I like my space to be comfortable, but still tailored."

ON MAKEUP "When I'm not on camera, I use BareMinerals Original Foundation powder (above left) to give my skin a break from thick TV makeup. Then I pop MAC Cosmetics Powder Blush in Harmony on my cheeks. It's a chameleon color that works on everyone." \$28; bareescentuals.com. \$22; maccosmetics.com.

"The best home decor is like the best fashion—it's all about careful layering."

Get more style secrets from Taniya and Ellen. BHG.com/Taniya

MAGIC CARPET

"If you invest in one piece for fall, make it a flat-weave rug—affordable and timeless." Phoenix Wool Dhurrie Rug, \$139 for 3×5 feet; westelm.com

"Looks crazy in the tube, but gorgeous on." Milani Lipstick in Violet Volt, \$4.97; walmart.com



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3 RULES FOR ...

shaping, tweezing, and perfecting

- **DETERMINE YOUR SHAPE** Pay attention, because it's time for a geometry lesson from Maribeth Madron, a makeup artist and brow guru for Maybelline New York: Grab an eyeliner and place the pencil vertically alongside your nostril. Follow the line up to your brow and mark the spot-here's where the hair should start. Next, angle the pencil toward the outer edge of your iris. Again, follow the line up and mark the spot—this is where your brow should arch. Finally, angle the pencil to line up with the outer corner of your eye and mark that point on your brow-here's where the tail should end. Now, fill in your "ideal" shape with the liner.
- TWEEZE STRAYS SPARINGLY Really. We mean it. "Skimpy brows make you look older than you are," Madron says. To preserve fullness, stand in front of your bathroom mirror and tweeze one hair at a time, using what you filled in earlier as your guide. After every three hairs, take a breath, step back, and look at your entire face in the mirror to assess your next move. Don't be tempted to check your work in a magnifying mirror. "You'll end up tweezing too much," Madron says. Now, wipe off your eyeliner stencil.
- FINISH WITH MAKEUP Do you have tons of time to spend on your face in the morning? Yeah, we don't either. In that case, skip the brow pencil, which takes a lot of patience and practice, Madron says. Instead, check out some of the easier options: If you need to fill in a bald spot, go for a thick brow putty, which typically comes in a pot. If your brows are gray or fine and thin, try a brow mascara, which adds color and thickness. To darken lighter hairs, look for a powder. Finally, if you just want control and hold without any color, opt for a clear brow gel.

toolbox

Oh, behave!

Whip unruly brows into shape with a customized kit of essentials.

TWEEZERS

Madron's top pick (above). Rubis Classic Slant Tip Tweezers, \$39-\$50; rubistweezers.com



SCISSORS

Snip hairs that stick out. This pair comes in a kit from Sally Hansen. The Now Brow Perfect Arch Brow Kit, \$8.99; ulta.com



SPOOLIE BRUSH

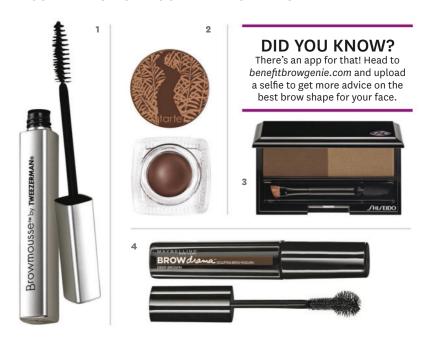
Rely on this to blend color and direct individual strands. Ricky's Paintbrush #16, \$12 for two; rickysnyc.com



TREATMENT

"Use for bald spots or thinning," Madron says. RevitaBrow Advanced Brow Serum, \$110; revitalash.com

4 MUST-HAVES FOR YOUR EYEBROW ARSENAL



1 CLEAR GEL Tweezerman Browmousse, \$12; tweezerman.com 2 PUTTY Tarte Amazonian Clay Waterproof Brow Mousse, \$29; tartecosmetics.com **3 POWDER** Shiseido Eyebrow Styling Compact, \$30; shiseido.com 4 BROW MASCARA Maybelline New York Brow Drama Sculpting Brow Mascara, \$7.99; maybelline.com ■



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fresh | gatherings



THE DETAILS

- 1 No matched sets or starched linens invited, but these no-sew felt napkin rings will make guests feel special. Template and how-to: BHG.com/ButterParty
- 2 High impact, lowfuss centerpiece: a shallow bowl, a handful of dahlias cut short, and one showy pomegranate. Extra credit for something textural like the scabiosa pods. Ceramic Bowl-Planter, \$29.95; cb2.com
- 3 A simple menu of chili and corn bread deserves a showstopper cocktail. Mix a batch ahead: In a pitcher muddle 1 cup cranberries, 2 cups kumquats (halved and seeded), and 5 sprigs rosemary. Stir in 2½ cups bourbon, 5 oz. lemon juice, and 5 oz. maple syrup; refrigerate several hours or overnight. Strain and serve over ice. Stackable Glasses, \$13 each; aplusrstore.com; Color Block Muddler, \$20; sucreshop.com
- 4 Elizabeth and Andrew McBath turned a trip to France and a resulting passion for artisan cultured butter into a second career. They sell their Georgia-made butters at local farmers markets and specialty grocers, as well as online. (We're especially fond of the Balsamic Fig & Caramelized Onion, by the way. Mmm.) bannerbutter.com







home | 10 things

WHEN SHE WAS JUST 3, Carrie Morey

would sneak out of bed to prepare buttered crackers for her parents' party guests. "By age 7, I was cooking meals for my whole family," she says. "Food is how I connect with people." Carrie now owns an online shop, Callie's Charleston Biscuits, and a storefront, Callie's Hot Little Biscuit, in Charleston, South Carolina. The two businesses (named for her mother) make more than 1 million biscuits by hand every year. "Thanksgiving is my favorite day of the year," Carrie says, because she can go all-out at home, making signature dishes, decorating with natural materials, and bringing together friends and family members—including husband John and daughters Caroline, 11, Cate, 8, and Sarah, 7.





ON THE SIDE
To keep her
Thanksgiving
table pretty and
uncluttered, Carrie
sets up a side
dish buffet on the
marble-top kitchen
island, left.

An unlikely mix of Moroccan and midcentury modern furnishings adds warmth to the new home's white walls and blond floors.



HOLIDAY DRESS

Carrie likes to see her guests across the dining table, so she saves large displays—always local, natural materials—for the living room, above.

"There's nothing that makes me happier in life than MY FAMILY MEMBERS ALL TOGETHER in the kitchen."

Carrie Morey

5 EASY FLOW
Porch doors are always flung open for parties. Carrie stations appetizers on the front porch and easy-to-mix cocktails on the back porch.



TOP SHELF
Shelves on
brackets across a
window, left, add
convenient storage
for glasses and a
sunny spot for a
rotating display of
potted plants.

TO THE LETTER
"Biscuits are
the bread of the
Southern table," says
Carrie, who gives
her daughters extra
dough, below left, to
mold into initials that
serve as place cards.

8 VINTAGE TREASURES

The table, below, is set with items Carrie has long held dear: antique china in floral patterns, heirloom cut glass, and her silver set. Twine secures a rosemary sprig to a vintage linen napkin.







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SITTING PRETTY

"Our living room is small, but you don't feel cramped," Carrie says. Two extra armchairs, above, are near the kitchen island, where a guest can chat with the cook and where the girls often curl up to read.

10 COMBINE AND CONQUER

In the dining room, right, Carrie employs her knack for making nonmatching pieces seem made for each other. Surrounding a utilitarian table are two different sets of antique chairs; a similar wood tone ties everything together.



For complete buying information: BHG.com/Resources







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"Gray-greens have an earthy yet sophisticated contrast, which makes them interesting."

Darsi Floersch

MEET DARSI Darsi Floersch, designer for Martha O'Hara Interiors in Minneapolis, is drawn to colors from nature. "The tones are neutral, and they stay fresh over time," she says.

CRISP EDGES Afraid of those muddy sages that owned the '90s? Classic white trim is your friend. To keep these greens looking bright and pure, Darsi recommends a crisp decorator white without any yellow in it—like Benjamin Moore's Cloud White.

PICK A GREEN When choosing, be aware of undertones. "You have to be careful that the paint color doesn't get too bright or muddy with too much yellow or brown in it," Darsi says. Whether it's a blue-green or a graygreen you're after, she recommends choosing one with plenty of white at its base "so it plays well off other, brighter colors in the room."



COOL OFF WITH EUCALYPTUS



ACCENTS Razzle Dazzle, Black Satin (Benjamin Moore)

ADD SOME ZING For a polished look, Darsi suggests a neutral backdrop of subtle, icy green framed in white trim. The energy level soars with vivid fuchsia accents. "Pink is a natural complement, and popping in black accents makes this palette feel updated," she says.



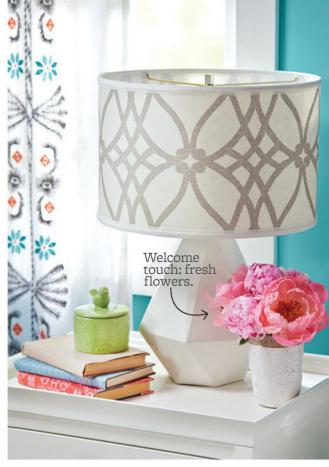
ACCENTS Lonesome Vale (Valspar), Hale Navy (Benjamin Moore)

PREPPY FUN Painting the walls and trim the same shade of gray-green and furnishing the space with white pieces creates a high-style envelope that works with any medium-tone accents. Darsi loves to add jade and navy, giving the palette a bit of a nautical feel. ■









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3 SLEEP APPS

If spending the night away from home makes it hard to sleep, try one of these free apps for background noise.



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WHITE NOISE AMBIENCE LITE

Choose from 40 sounds, including ocean waves, twilight insects, and our favorite: cat purring.



RELAX MELODIES

This app lets you layer ambient sounds. Choose from 52 to make your just-right mix.

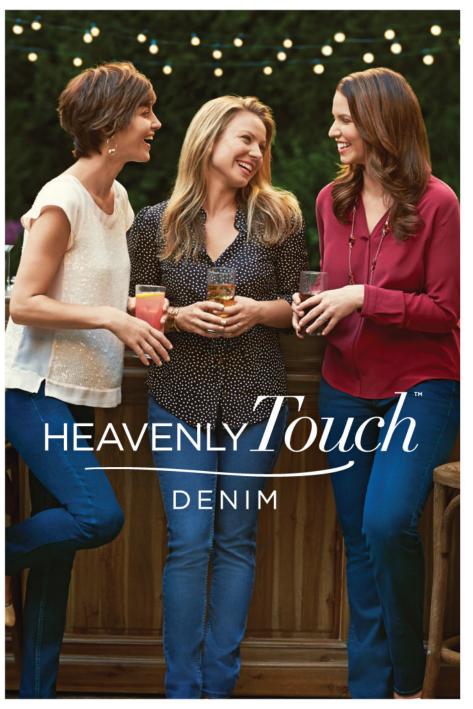
SIGN HERE

If you entertain often, pick up an "autograph book" so guests can jot down name, date, and occasion for the stay. It's a fun memory maker for host and guests alike.



GUEST AMENITIES

Transform a side table into a mini general store. Use small boxes or an office drawer insert to keep things neat. Stock with everyday toiletries and basic over-the-counter treatments such as aspirin and antacid. Consider convenience items: a phone cord or cable connector for computer, television guide, or instructions for how to work any technology in the room. (If you don't have a drawer, hang a shoe organizer on the back of the closet door.)



Comfort never looked so good.







TAKE STOCK

Survey your kitchen for every last thing you need for baking, right down to the muffin liners. Get rid of expired ingredients and duplicates, then sort into categories (dry ingredients, oils and liquids, spices, utensils, etc.). You'll be able to see how much space you need.

OUT OF THE BAG

Store high-volume staples like flour and sugar in clear, airtight containers with openings large enough to fit your hand and a measuring cup-easier to use, less mess, win-win. On counter: Montana Mini Glass Jar, \$11.99, and Montana Canister, \$19.99; target.com

STORE SMART

House anything sticky or oily in a baking dish. If there are drips, they'll be contained. A turntable makes grabbing the right spice or extract easy. Linus Platform Turntable, \$17.99; containerstore.com

when you start with

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home organizing



Memorize this kitchen organizing principle: WHAT YOU USE MOST OFTEN GOES BETWEEN EYE AND WAIST LEVEL. What you use less often goes up high or down low.



IN SIGHT, IN MIND

Is there any dry ingredient that doesn't stay fresher and look better stored in a jar? We don't think so. Plus it's easier to keep an eye on inventory. Tall wide-mouth jars make efficient use of shelf space. Upgrade them with airtight plastic lids (these are also dishwasher-safe and come in nine colors). \$40.45 for six; intelligentlids.com

ASSIGNED SEATS

Give each baking utensil a spot in a divided drawer organizer, and it will be easier to find, easier to put back. Use the channel around the organizer for spatulas, whisks, and a roll of parchment. Linus 4-Section Drawer Organizer, \$12.99 each (we used two); containerstore.com

FREE KITCHEN LABELS

Print our customizable labels for your baking ingredients and more. BHG.com/ KitchenLabels

How do you set a big Thanksgiving table without spending a boatload of money? Our stylish finds and savvy ideas make it super easy. You just might want to up your invite list.

BY DIANA DICKINSON | PHOTOS GREG SCHEIDEMANN PRODUCED BY KYLEE KRIZMANIC

EASY DIY

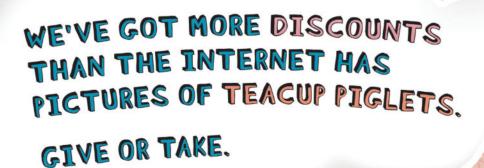
Copper tape adds polished style. 2-inch×50foot, \$14.95; sparkfun.com. How-to: BHGcom/ NapkinRings

LINENS

Our go-to budget

NAPKIN is actually a
dish towel. White cotton
herringbone weave
towels have a single
green stripe for a casual,
French bistro look. For a
more formal table setting,
simply fold and roll the
towel to hide the stripe.
Medline Herringbone
Cotton Dish Towels; \$10.30
for 12; amazon.com







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GLASSES & PLATES

A subtle inverted V shape and a super affordable price make Thick Sham **DOUBLE OLD-FASHIONED** glasses a must-have. \$11.94 for six; christmastreeshops.com

STACKABLE Double Old-Fashioned glasses make excellent wineglasses and are easy to store. \$7.96 for four; worldmarket.com

Find a glass with timeless style and buy multiples. **TEXTURED GLASS TUMBLERS** work for cocktails or water. \$9.99 for 12; target.com

ACARAFE OR DECANTER

makes any wine look (and taste) better. Sagaform Carafe, \$26.99, and Decanter, \$29.99; bedbathandbeyond.com

Smooth white **PORCELAIN ROUND COUPE** dinner plates have a classic look. \$7.96 for four; *christmastreeshops.com*

Don't let the pretty

SCALLOPED DESIGN fool
you. These hefty porcelain
plates are dishwasher-,
microwave- and ovenfriendly. Better Homes and
Gardens® 10½-inch Scalloped
Dinner Plates, \$23.88 for six;
walmart.com

Shiny **PLASTIC** white and gold plates are dead ringers for fine porcelain. You can hand-wash these 10¹/₄-inch heavyweight plastic plates and use them a couple more times. Gold Slit Dinner Plates; \$8.99 for 10; factorydirectparty.com





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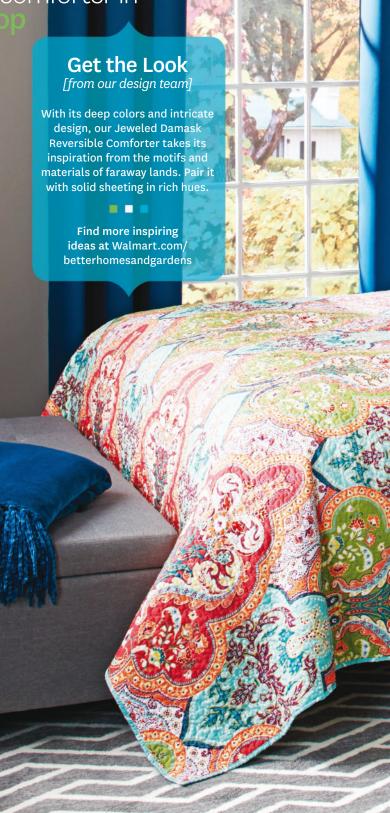
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Jeweled Damask Shower Curtain, \$19.88

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"FALL IS ALL ABOUT THE BOUNTY OF THE HARVEST.

I like to use materials that are a sign of the time."

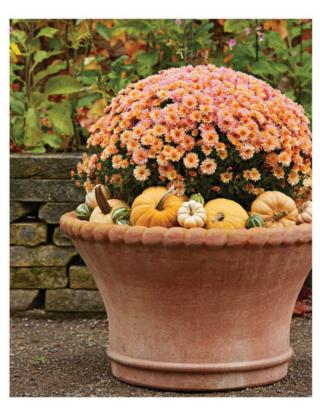
Deborah Silver



SKIRT THE SUBJECT

It's easy to give a potted mum a little oomph. Just transplant or set it in a slightly larger container and surround it with small pumpkins and gourds in compatible hues, right. The "miniskirt" also hides bare stems at the base. "Shop for tightly budded plants for the longest bloom," Deborah says.

Deborah Silver, *left*, shares seasonal design ideas on her Dirt Simple blog. *deborahsilver.com/blog*



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81

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Helps fight tartar build-up and bad breath



When fed daily, Milk-Bone Brushing Chews are as effective as brushing a dog's teeth twice a week based on the reduction of tartar build-up.

GROW YOUR OWN

Marbled or dappled, shiny or rough, pumpkins and gourds are decorating gold. They're easy to grow by the bushel. Start from seed next spring. Vines eat up lots of garden space if allowed to sprawl, so grow them vertically on trellises and fences.



MINI PUMPKINS
In a word: Adorable.
Try varieties like
(top to bottom)
Lil' Pumpkemon,
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Tiger Stripe.

JARRAHDALE PUMPKIN

Who says jack-o'lanterns must be orange? This bluegray heirloom hails from New Zealand.

WINGED GOURDS Striped, lumpy, and curly-necked, these sculptural beauties look almost animated in their folksy poses.

GREMLIN GOURD

We love this novelty, warts and all. Comes in other crazy shapes and

colors, too. ■

SOURCES

burpee.com gurneys.com johnnyseeds.com jungseed.com parkseed.com

Crafters '

by these

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Now, cleaning your dog's teeth is a treat for you both









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Roll the table anywhere—even to another room.

Floating shelves keep craft supplies in view and in reach.

Assign each wall a specific function for useful, appealing ORDER AT THE BACK DOOR. Kitchenstyle cabinets keep everything contained.

STOW IT, SHOW IT

A room that stores detergent, soccer cleats, and tape needs hiding places to avoid visual clutter. But don't miss the chance to add a personal touch. Use a mix of pretty catchalls—like patterned fabric bins, two-tone baskets, and glass jars filled with colorful supplies.

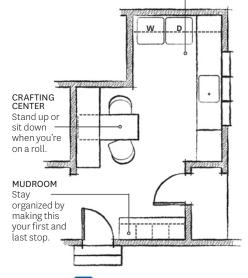
BE READY TO ROLL

A table with casters gives you flexibility: Roll it out and swivel it for group projects or laundry folding; dock it under the counter when you're done.

STRETCH YOUR SPACE

A farmhouse sink with an offset drain means more uninterrupted workspace in the sink (convenient for treating clothing stains and potting plants) and more storage in the cabinet below. Skip the space-hogging closet: A tall cabinet can store a vacuum and brooms. Install an outlet inside for recharging gadgets. ■

> LAUNDRY AREA Get a fresh spin with assorted storage.



ORGANIZE YOUR ENTRY

Make comings and goings easy with these eight smart planning tips. BHG.com/Entry

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behr.com/consumer/inspiration/ true-to-hue



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PHOTO: ANDY LYONS; FOOD STYLING: GREG LUNA





"For me, it's important to create **EASY AND FUN CRAFT PROJECTS** that the whole family can do. Go into nature, bring home the bounty, and get creative."





Falling for clay
These little leaf dishes are perfect for displaying small items and bringing a hint of fall into your decor. To make, roll out air-dry clay on a piece of linen (this gives it a crosshatch texture) to about ½ inch thick. Use leaf-shape cookie cutters to cut out clay, then place leaves, linen pattern up, on parchment. Let dry for about 2 days. When completely dry, paint leaves with a mixture of 2 parts liquid fabric dye to 1 part water. Paul's tip: "I like to give them a few brushstrokes so the white shines through." shines through.

Crowning gloryIf summer is all about daisy chains, fall is the season for leaf crowns. Measure a 1-inch-wide ribbon around a child's head and add about 20 inches extra to tie it. Hot-glue dried leaves to the ribbon, starting with larger leaves and filling in with smaller. Cut bottoms of leaves flush with the ribbor, then the ribbor than the ribbor. with the ribbon, then tie onto your autumn prince or princess.









Two for one special: Pecan pie meets pumpkin and invites molasses to the party. SALTED PECAN BOURBON TREND BY HALI RAMDENE | PHOTOS ANDY LYONS ALERT Have your RECIPES GREG LUNA | PRODUCED BY NANCY WALL HOPKINS pumpkin spice latte as a pie.
BHG.com/PSLPie SAVE ROOM FOR But not just plain old pumpkin. May we suggest a little reinvention for the classic? Recipes begin on page 126. BUTTERMILK CARDAMOM Silky texture. A flurry of sweet spice. One elegant update. ■



MICHAEL SOLOMONOV, Chef at Zahav in Philadelphia Michael's dish makes a bold statement—in both flavor and color—with his Israeli take on a grated beet salad.

Michael's dish makes a bold statement—in both flavor and color—with his Israeli take on a grated beet salad. Nutty tehina, a sauce made with tahini (ground sesame paste), mellows the beets' sweetness while bringing their earthiness to the forefront. Even a small spoonful adds a little surprise to the traditional Thanksgiving plate.



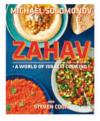




ANGELO SOSA, Chef at Anejo in New York City

Angelo's cooking philosophy: Respect tradition and be inspired by adventure. Take his green bean casserole. Familiar flavors—a creamy mushroom sauce, fresh green beans, and a crispy bread crumb topping—get a jolt from a heady dose of chili powder and serrano chile.

GET MORE RECIPES FROM OUR THANKSGIVING CONTRIBUTORS



From Michael: Zahav (HMH, \$35)



From Heather: Pure Delicious (Clarkson Potter, \$30; due out in April)



From Elizabeth: Eating Purely (Skyhorse, \$24.99)



From Angelo: Healthy Latin Eating, with co-author Angie Martinez (Kyle Books, \$22.95)



Salt-Roasted Beets with Tehina

HANDS-ON TIME 35 min. TOTAL TIME 2 hr., 30 min.

- 5 cups kosher salt
- 8 medium beets (2 lb.)
- ½ cup Basic Tehina Sauce, below
- ½ cup olive oil
- 1/4 cup lemon juice
- 1/4 cup chopped fresh dill
- 2 Tbsp. chopped fresh mint

Preheat oven to 375°F. Spread 1 cup of the salt in a baking dish. Place beets on salt. Cover with remaining salt. Bake until tender, about 90 minutes. Once cool enough to handle, remove beets from salt; peel. Set aside. Once cooled completely, grate into a bowl using the coarse holes of a box grater. Add Basic Tehina Sauce, olive oil, lemon juice, dill, and mint. Season with $\frac{1}{2}$ tsp. salt. Mix well. Serve at room temperature or cold. Makes 4 cups. Basic Tehina Sauce Break up 1 head of garlic with your hands, letting unpeeled cloves fall into a blender. Add 3/4 cup lemon juice and ½ tsp. salt. Blend on high for a few seconds until you have a coarse puree. Let stand 10 minutes. Pour mixture through a finemesh strainer set over a bowl, pressing solids to extract liquid. Discard solids. Add 2 cups jarred tahini, ½ tsp. ground cumin, and 1 tsp. salt to lemon juice mixture. Whisk in 11/2 cups ice water, a few tablespoons at a time until smooth and velvety. (Mixture might separate at first, but will emulsify as you continue to whisk and add the water.) Season to taste with salt and pepper. Refrigerate up to 1 week or freeze up to 1 month. Makes 4 cups.* *Whirl leftover Tehina Sauce with fresh herbs like parsley, chives, dill, and mint for a delicious green veggie dip.

EACH ½-CUP SERVING 203 cal, 18 g fat, 0 mg chol, 321 mg sodium, 11 g carb, 3 g pro.

Gluten-Free Harvest Rice Stuffing

HANDS-ON TIME 30 min. TOTAL TIME 1 hr., 30 min.

- 1 lb. mild pork sausage, without casing
- 2 large yellow onions, chopped (2 cups)
- 1/4 cup olive oil
- 1 medium butternut squash, peeled and chopped (about $2\frac{1}{2}$ cups)
- 2 cups green apples, chopped
- 1/4 cup dry sherry or apple juice
- 2 cups long-grain white rice
- 1 cup roughly chopped walnuts
- 1 cup dried cranberries

- 4 cups reduced-sodium chicken broth
- 1 cup chopped flat-leaf parsley
- ¹/₂ cup chopped sage
- 1. In a 4-qt. heavy pot cook sausage over medium-high heat 5 minutes or until lightly browned and cooked through, using a wooden spoon to break up pieces. Transfer to a bowl.

 2. Add onions and olive oil to pot; cook and stir 10 minutes over medium heat or until tender. Add squash; cook and stir 3 minutes. Add apples; cook and stir 3 minutes. Add sherry, using a wooden spoon to scrape up any browned bits.
- **3.** Add rice and 2 tsp. *kosher salt* to pot. Return sausage to pot. Stir in walnuts and cranberries. Stir in broth. Bring to boiling; reduce heat. Cover. Simmer 40 minutes or until rice is tender. Remove from heat. Stir in parsley and sage. Makes 12 cups.

 EACH 1/2-CUP SERVING 199 cal. 10 g fat.

EACH $\frac{1}{2}$ -CUP SERVING 199 cal, 10 g fat, 13 mg chol, 329 mg sodium, 20 g carb, 6 g pro.

Vegetarian Sprouts & Mushrooms Lasagna

HANDS-ON TIME 45 min. TOTAL TIME 2 hr., 15 min.

- 2 cups raw cashews
- 1 15-oz. can pumpkin puree
- 3 cloves garlic
- 2 Tbsp. olive oil
- 8 oz. cremini mushrooms, sliced
- 8 oz. shredded Brussels sprouts
- 5 oz. chopped kale
- 5 cups marinara sauce
- 12 lasagna noodles, cooked according to package directions
- 8 oz. shredded mozzarella cheese
- 1. Preheat oven to 350°F. Soak cashews in water 30 minutes; drain. Transfer to a food processor. Add pumpkin puree, 1 clove of the garlic, and 1 tsp. salt. Process until nearly smooth. Add 1 /4 cup water. Process until smooth and spreadable; set aside.
- 2. Meanwhile, in a large skillet heat olive oil over medium-high heat. Mince remaining 2 garlic cloves; add to skillet. Cook and stir 30 seconds or until fragrant. Add mushrooms and Brussels sprouts. Cook 5 to 7 minutes or until tender. Add kale. Cook 2 to 3 minutes until wilted. Remove.
- **3.** To assemble, spread 1 cup marinara on bottom of a 3-qt. baking dish. Layer with 3 noodles, ½ of the cashew mixture, ½ of the vegetables, and 1 cup marinara. Repeat twice. Top with remaining 3 noodles, remaining sauce, and mozzarella. Cover

remaining sauce, and mozzarella. Cover with foil. Bake 45 minutes. Uncover. Bake

10 to 15 minutes more until heated through. Optional: Top with lightly sauteed Brussels sprout leaves for fresh color and crunch. Makes 12 servings.

EACH SERVING 378 cal, 18 g fat, 14 mg chol, 787 mg sodium, 41 g carb, 16 g pro.

Spicy Green Bean Casserole

HANDS-ON TIME 30 min. TOTAL TIME 1 hr.

- 5 Tbsp. unsalted butter
- 1 Tbsp. vegetable oil
- 1 cup panko bread crumbs
- 2 Tbsp. slivered almonds
- 12 oz. cremini and/or shitake mushrooms, sliced ¼ inch thick
- 1 medium onion, thinly sliced
- 4 cloves garlic, minced
- 1 tsp. minced serrano or jalapeño pepper
- 2 Tbsp. all-purpose flour
- 1 tsp. chipotle chili powder
- ½ tsp. white pepper
- 1/4 tsp. ground nutmeg
- 1 bay leaf
- 1 cup chicken stock or broth
- 1 cup half-and-half
- 1 lb. haricots verts (French string beans), rinsed, trimmed, and halved
- 1. Preheat oven to 475°F. In a saucepan melt 2 Tbsp. of the butter and the oil; stir in panko and almonds. Cook and stir over medium-low heat 3 to 4 minutes or until golden brown. Transfer to a paper towellined tray. Set aside.
- 2. In a heavy 10-inch skillet melt remaining butter over medium heat. Add mushrooms, onion, garlic, serrano, and 1 tsp. *salt*. Cook 3 to 6 minutes or until mushrooms release moisture and onions are tender, stirring occasionally. Add flour, chipotle, white pepper, nutmeg, and bay leaf. Cook and stir 2 minutes more. Add stock and halfand-half. Bring to a simmer. Reduce heat. Simmer, uncovered, 7 to 10 minutes or until thickened, stirring occasionally. Remove from heat. Remove bay leaf.
- 3. Meanwhile, in a large pot bring 1 gallon water and 1 Tbsp. *salt* to boiling. Add beans. cook 4 to 6 minutes. Drain; submerge in a large bowl of ice water. Drain again. Stir beans into mushroom mixture. Transfer to a 2-qt. baking dish. Bake, uncovered, 12 to 15 minutes or until bubbly. Remove. Sprinkle with panko mixture. Makes 5 cups. EACH ½-CUP SERVING 151 cal, 11 g fat, 24 mg chol, 344 mg sodium, 12 g carb, 4 g pro. ■

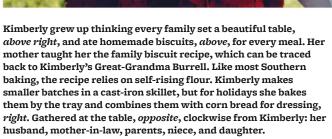
BIG THANKS

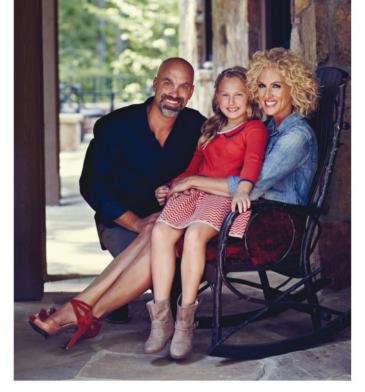
JOIN KIMBERLY SCHLAPMAN, A STAR OF COUNTRY STAGE AND KITCHEN, AS SHE TAKES HER FAMILY ON THE ROAD TO CELEBRATE THE HOLIDAY SHE LOVES MOST AT THE PLACE SHE LOVES BEST—BLACKBERRY FARM.

BY KIM SEVERSON | PHOTOS CON POULOS | RECIPES KIMBERLY SCHLAPMAN
PRODUCED BY NANCY WALL HOPKINS | FOOD STYLING SIMON ANDREWS | PROP STYLING SARAH CAVE









A Thanksgiving portrait: Kimberly sits with daughter Daisy Pearl, 8, and husband Stephen.

Before the music, the fame, and a celebrated cookbook, there was always **Thanksgiving.**

No meal is more important to Kimberly Schlapman, one of the founding members of country music powerhouse Little Big Town.

When she was growing up in the Appalachian foothills of northeast Georgia, her family would crowd around a big Thanksgiving table filled with food, talk, and laughter. "I loved hearing these stories," she says. "Even if they were repeated, I would hang on every word."

Kimberly re-creates that feeling at her own table in Tennessee. Every year, the family settles in for a long holiday centered on food that is rooted in heritage yet fresh with new ideas. "My whole life has been about these gatherings," Kimberly says.

When the family needs a getaway, it's time to head to Blackberry Farm. Tucked into a 9,200-acre estate in the Great Smoky Mountains, it's a three-hour drive from the Nashville home Kimberly shares with her husband, Stephen, and their daughter, Daisy Pearl.

The farm offers a perfect setting for a Thanksgiving Day hike that assures everyone is hungry when the food comes out around 4 p.m. "No matter how we serve it, everyone sits at one table," Kimberly says. "I insist on that."

Tradition matters at the Schlapmans'

Thanksgiving, where aprons from Kimberly's mother and grandmother are passed around and everyone cooks. Her recipes—many of which she shares on her Cooking Channel show, *Kimberly's Simply Southern*, and in her new book, *Oh Gussie! Cooking and Visiting in Kimberly's Southern Kitchen*—are heartfelt dishes and stories from all sides of the family.

The dressing (don't call it stuffing)
has crumbled corn bread along with torn
biscuits—a mainstay in Kimberly's kitchen.
The corn casserole is a simple dish given a little
sophistication with shallots and fried sage.
"My husband brought this to the family, and
everybody loves him for it," Kimberly says. The
sweet potato casserole was updated this year
with fresh cranberries to balance the sweetness.

Kimberly can't resist bringing a little of her Georgia roots to the Tennessee table. Even though peach season has long passed, she tucks frozen slices inside the turkey and adds a peach glaze to the crispy skin.

"Any entertainer loves an ovation," Kimberly says. "I'm waiting for that applause from the crowd, and I'm waiting for the people I love to go 'mmmmm' when I feed them. It's the most beautiful ovation to me because it's from my family."











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WHY I COOK®
—
SOUP









NO MATTER WHAT SOUP YOU WANT TO MAKE, MAKE IT DELICIOUS WITH SWANSON.

From chicken noodle to soups with global flavors.

Cornmeal Butter Cake with Pomegranate Sauce

Corn bread meets pound cake in a slightly sweet bundt.

why it's easy
Just whisk, pour in
the pan, and bake. It
freezes like a dream,
so make extras to
have on hand when
impromptu company
appears.

bake it easy

Sweeten the holidays without adding stress. These desserts have smart tips built in to save time and make baking fuss-free.

BY MAGGIE GLISAN | PHOTOS ANDY LYONS FOOD STYLING GREG LUNA | PROP STYLING SUE MITCHELL

food | home cooking

Ginger-Cider Cheesecake

Creamy, thick cheesecake is brightened by a double dose of ginger—fresh and candied—in the filling.

why it's easy

A crust of store-bought gingersnaps comes together fast in the food processor, and a foolproof filling bakes evenly without the water bath most recipes call for.

Bourbon Cranberry Chippers

This is the chocolate chip cookie every adult dreams of. A sprinkle of sea salt makes it impossible to resist.

why it's easy

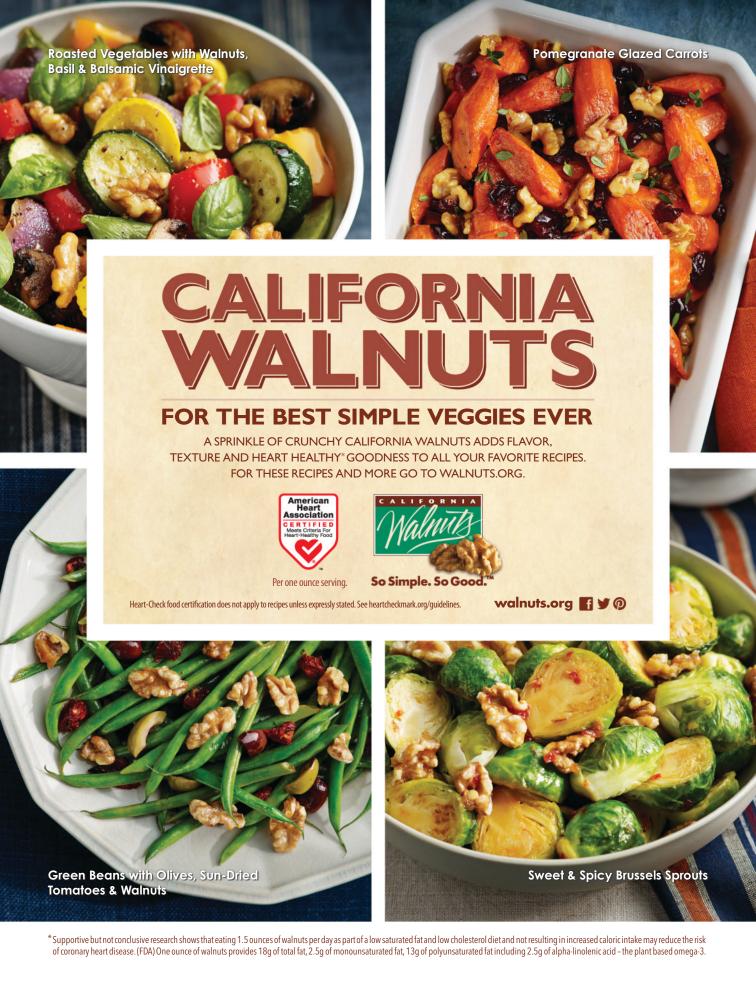
No fancy cutting or shaping. Make an indentation with your thumb to hold a pool of ganache.





GROWN-UP MILK & COOKIES Pair these chippers

with a creamy stout and bourbon cocktail. BHG.com/CookieCocktail



Applelicious Sheet Cake

This anytime snack cake packs triple apple flavor: fresh, dried, and apple butter.

why it's easy The fresh apple in the cake is shredded with a box grater. It's easier than chopping and makes the cake extra-moist.

COOK'S SECRET
Pour on the
maple icing while
the cake is still
warm. The heat
melts the icing,
making it easier to
spread evenly.

SWEETNESS RUNS IN THE PARTY AND THE PARTY OF THE PARTY OF





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food | home cooking





Sausage CHICKEN ALFREDO READY IN: 1HOUR 15 minutes

Ipkg. Hillshire Farm Smoked Sausage

3 chicken breast halves, cubed 2.thsps. butter, divided 2 cloves garlie, minced, divided 2 thsps. chopped flat-leaf parsley 1-1/2 tsps. Italian seasoning 1 1/2 tsps. salt

1/2 tsp. ground white pepper

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. Gook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink.

Stir in onion and parsley; cook until chicken is no sale until chicken.

3. Add garlie cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.







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whole lot of delicious.



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BRUSSELS SPROUTS & EGGS BUCATINI

In a small skillet toast 1 cup panko and 2 Tbsp. olive oil until golden brown. Set aside. In a very large skillet heat 4 Tbsp. olive oil over medium heat. Add 4 cups shredded Brussels sprouts and ½ tsp. kosher salt. Cook and stir 4 minutes. Stir in 6 oz. cooked bucatini pasta (reserve ½ cup pasta water), 6 chopped hard-cooked eggs, ⅓ cup capers, ⅓ cup snipped flat-leaf parsley, ⅓ tsp. crushed red pepper, and enough pasta water to coat. Top with toasted panko and additional parsley. Drizzle with olive oil. Makes 4 servings.



SPROUTS & CHERRY TOASTIES

In a large skillet cook 1 lb. trimmed and quartered Brussels sprouts and ½ tsp. kosher salt in 3 Tbsp. bacon fat over medium heat 7 minutes or until tender. Remove from heat. Stir in 6 oz. cooked, chopped bacon. Spread four 2-oz. slices toasted country-style bread with 3 Tbsp. ricotta cheese and 2 Tbsp. cherry jam. Top bread with Brussels sprouts mixture; sprinkle with fresh thyme. Makes 4 servings.



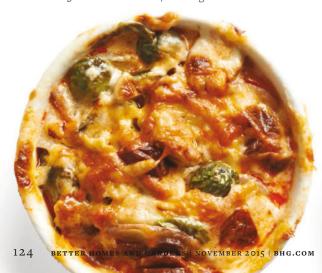
BRUSSELS SPROUTS are at their sweetest after a light frost. Look for them at winter farmers markets.

CHEESY BRUSSELS SPROUTS & CHORIZO BAKE

Divide 1 lb. trimmed and quartered Brussels sprouts, 8 oz. thinly sliced new potatoes, 3 oz. thinly sliced cooked smoked chorizo, and 1 minced shallot among four 12- to 14-oz. baking dishes. In a bowl combine 1 egg, 2 cups whipping cream, and ½ tsp. kosher salt; divide among dishes. Top each with 1 oz. shredded Manchego cheese. Transfer to baking sheet. Bake in 350°F oven 20 minutes. Let stand 15 minutes. Makes 4 servings.

SPROUTS, AVOCADO & APPLE SALAD

In a large bowl whisk together ⅓ cup lemon juice, ⅓ cup olive oil, ⅓ tsp. kosher salt, and ⅓ tsp. pepper until combined. Add the leaves of 1 lb. Brussels sprouts, 1 thinly sliced avocado, 1 thinly sliced Braeburn apple, ⅓ cup roasted and salted pumpkin seeds, and 1 oz. thinly shaved Parmesan cheese. Toss to combine. Makes 4 servings. ■







THE ART OF

MAC & CHEESE

RECIPES



SAVE ROOM FOR PIE Story begins on page 98.

Baked Piecrust

HANDS-ON TIME 15 min. TOTAL TIME 1 hr.

- 11/4 cups all-purpose flour
- 1 tsp. sugar
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{3}$ cup butter, cut into cubes
- 2 Tbsp. shortening
- 4 to 5 Tbsp. very cold water
- 1. In a medium bowl combine flour, sugar, and salt. Using a pastry blender, cut in butter and shortening until pea-sized. Sprinkle 1 Tbsp. of the water over flour mixture; toss with a fork. Repeat, using 1 Tbsp. of water at a time until flour is moistened. Gather flour mixture into a ball, kneading until it holds together. Wrap in plastic. Chill 30 minutes. 2. Preheat oven to 425°F. On a lightly floured surface use your hands to slightly flatten pastry. Roll pastry from center to edge into a circle 13 inches in diameter. Fold into fourths and place on a 9-inch pie plate. Unfold and ease into pie plate without stretching. Trim to 1/2 inch beyond edge of pie plate. Fold extra pastry under, even with plate's edge. Crimp as desired.
- **3.** Poke sides and bottom of pastry with a fork. Line with a double thickness of foil and pie weights or dried beans. Bake 10 to 12 minutes or until set. Remove foil and weights. Bake 3 to 4 minutes more or until very lightly brown. Cool completely.

Pumpkin Pie with Pomegranate Poached Pears

HANDS-ON TIME 1 hr. TOTAL TIME 2 hr., 10 min.

- 1 recipe Baked Piecrust, above
- 2 small Bosc pears
- 1 cup pomegranate juice
- ½ cup ruby port

PREVENT OVERBROWNING

When prebaking piecrust, use a double thickness of aluminum foil or one layer of heavy-duty foil.

- ¹/₃ cup granulated sugar
- star anise
- 1 15-oz. can pumpkin
- ²/₃ cup packed brown sugar
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- $\frac{1}{2}$ tsp. salt
- 1/2 tsp. orange zest
- 1/4 tsp. ground allspice
- 4 eggs, lightly beaten
- 1 cup half-and-half or light cream
- $1\frac{1}{2}$ tsp. cornstarch
- $\frac{1}{2}$ cup pomegranate seeds
- 1 clementine, peeled and sectioned
- 1. Prepare Baked Piecrust; set aside. Peel pears; cut in half lengthwise. Use a melon baller to remove cores. Meanwhile, in a small saucepan combine pomegranate juice, port, sugar, and star anise. Bring to boiling, stirring to dissolve sugar. Add pear halves. Simmer, covered, 15 to 20 minutes or until pears are just tender. Remove from heat. Transfer pears and poaching liquid to a bowl. Chill until ready to use.
- 2. Preheat oven to 375°F. In a large bowl combine pumpkin, brown sugar, cinnamon, ginger, salt, orange zest, and allspice. Add eggs; stir to combine. Stir in half-and-half. Pour pumpkin mixture into piecrust. Cover edges with foil. Bake 55 to 60 minutes or until edges are puffed and center appears set. Cool on a wire rack. Chill within 2 hours.
- **3.** Remove pears from poaching liquid; slice lengthwise. In a small saucepan stir together ½ cup poaching liquid and cornstarch until combined. Discard remaining liquid and anise. Cook and stir over medium heat until thickened and bubbly. Remove from heat. Cool slightly. Stir in pomegranate seeds and clementine sections. Top pie with pear slices and pomegranate mixture. Makes 8 servings. EACH SERVING 437 cal, 17 g fat, 125 mg chol, 412 mg sodium, 62 g carb, 3 g fiber, 7 g pro.

Mexican Chocolate Pumpkin Pie

.......

HANDS-ON TIME 40 min. TOTAL TIME 1 hr., 40 min.

- 1 recipe Baked Piecrust, below left
- 1 3.1-oz. disc Mexican chocolate
- 2 Tbsp. butter
- 3/4 cup packed brown sugar
- 1 tsp. pumpkin pie spice
- 1/4 tsp. salt
- 1/4 tsp. mild chili powder
- 1/8 tsp. cayenne pepper
- 1 15-oz. can pumpkin
- 4 eggs, lightly beaten
- 1 cup half-and-half or light cream
- 1 recipe Chocolate Ganache, below
- 1. Prepare Baked Piecrust; set aside. Preheat oven to 350°F. In a small saucepan heat chocolate and butter over medium-low heat, stirring constantly, just until melted; set aside to cool. In a large bowl combine brown sugar, pumpkin pie spice, salt, chili powder, and cayenne. Stir in pumpkin and eggs until combined. Gradually stir in half-and-half until combined.
- 2. Stir $1\frac{1}{2}$ cups of the pumpkin mixture into the cooled chocolate mixture. Pour into piecrust. Pour remaining pumpkin mixture over chocolate layer. Cover edges with foil. Bake 60 minutes or until edges are puffed and center appears set. Cool on a wire rack. Chill within 2 hours. Spoon Chocolate Ganache over. Top with *grated chocolate* and *chili powder*. Makes 8 servings.

Chocolate Ganache In a small bowl place 3.1 oz. chopped *semisweet chocolate* and ½ tsp. *cinnamon*. In a small saucepan, bring ¼ cup *whipping cream* to simmering; pour over chocolate. Let stand 5 minutes. Stir until smooth.

EACH SERVING 491 cal, 28 g fat, 143 mg chol, 365 mg sodium, 57 g carb, 3 g fiber, 8 g pro.

Buttermilk Cardamom Pumpkin Pie

HANDS-ON TIME 40 min. TOTAL TIME 1 hr., 25 min.

- 1 recipe Baked Piecrust, above left
- 1 cup plus 2 Tbsp. sugar
- 11/4 tsp. ground cardamom
- 3 Tbsp. all-purpose flour
- 1/4 tsp. salt
- 1 15-oz. can pumpkin
- 3 eggs, lightly beaten
- $\frac{1}{2}$ cup buttermilk
- 1 tsp. vanilla bean paste
- 1/4 cup butter, melted





Reynolds

- 1. Prepare Baked Piecrust; set aside. Preheat oven to 350°F. In a small bowl combine 2 Tbsp. of the sugar and 1 tsp. of the cardamom; set aside. In a large bowl combine the remaining sugar, flour, salt, and the remaining cardamom; mix well. Add pumpkin; mix well. Add eggs; stir to combine.
- 2. In a small bowl combine buttermilk, vanilla bean paste, and melted butter. Add to pumpkin mixture, stirring just until combined. Pour pumpkin mixture into piecrust; sprinkle with half of the sugar mixture. Cover edges with foil. Bake 45 to 50 minutes or until edges are puffed and center appears set. Cool on a wire rack. Chill within 2 hours. Sprinkle with reserved sugar mixture. Makes 8 servings.

EACH SERVING 395 cal, 19 g fat, 106 mg chol, 371 mg sodium, 52 g carb, 2 g fiber, 6 g pro.

Salted Pecan Bourbon Pumpkin Pie

HANDS-ON TIME 35 min. TOTAL TIME 1 hr., 30 min.

- 1 recipe Baked Piecrust, page 126
- 1 15-oz. can pumpkin
- ½ cup plus 1 Tbsp. packed brown sugar
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- 1/4 tsp. salt
- 3 eggs, lightly beaten
- 3/4 cup half-and-half or light cream
- 2 Tbsp. bourbon
- 1 tsp. vanilla
- 3 Tbsp. molasses
- 1 Tbsp. butter
- 1 cup pecan halves
- ½ tsp. flaked sea salt
- 1 recipe Bourbon Whipped Cream, below
- 1. Prepare Baked Piecrust; set aside. Preheat oven to 375°F. In a large bowl combine pumpkin, $\frac{1}{2}$ cup of the brown sugar, cinnamon, ginger, and the $\frac{1}{4}$ tsp. salt. Stir in eggs until combined. Stir in half-and-half, bourbon, and vanilla until combined. Pour pumpkin mixture into piecrust. Cover edges with foil. Bake 40 minutes or until edges begin to puff and center is almost set.
- 2. Meanwhile, in a small saucepan combine molasses, butter, and the remaining 1 Tbsp. brown sugar. Cook and stir until sugar is dissolved and butter is melted. Stir in pecans. Spoon pecan mixture over top of pie. Place a foil-lined baking sheet on the rack below pie. Bake 15 minutes more or until center is set. Sprinkle with sea salt. Cool completely. Chill within 2 hours. Serve with Bourbon Whipped Cream. Makes 8 servings. Bourbon Whipped Cream In a chilled bowl beat 1 cup whipping cream, 1 Tbsp. bourbon, and 2 tsp. sugar until soft peaks form.

EACH SERVING 433 cal, 26 g fat, 102 mg chol, 482 mg sodium, 44 g carb, 3 g fiber, 7 g pro.



LITTLE TOWN, BIG THANKS

Story begins on page 106

Maw Maw's Biscuits

HANDS-ON TIME 20 min. TOTAL TIME 45 min.

- 6 cups self-rising flour
- $\frac{3}{4}$ cup butter, cubed and chilled $(1\frac{1}{2} \text{ sticks})$
- 2½ cups cold milk
- 6 Tbsp. butter, melted
- 1. Preheat oven to 450°F. In a large bowl combine flour and the ¾ cup cold butter. Using your hands or a pastry blender, mix flour and butter until crumbly. Add milk; mix well with a fork until just combined. Gently knead dough a few times until it just comes together. Transfer to a floured surface. Roll to ½-inch thickness. Using a 3-inch round cutter, cut about 20 biscuits, rerolling dough as needed.
- 2. Place biscuits on baking sheets. Brush with melted butter. Bake, one sheet at a time, 12 to 15 minutes, or until golden. Makes about 20 biscuits.

Make ahead Store baked biscuits in a resealable freezer bag; freeze up to 2 months. To serve, wrap frozen biscuits in foil. Warm in 350°F oven 20 minutes. EACH BISCUIT 235 cal, 11 g fat, 29 mg chol, 539 mg sodium, 29 g carb, 1 g fiber, 5 g pro.

Peach-Glazed Roast Turkey

HANDS-ON TIME 20 min. TOTAL TIME 3 hr., 35 min.

- 1 14- to 16-lb. whole turkey
- cup frozen peach slices, thawed, or peach, peeled and quartered
- 1 lemon, quartered
- 5 fresh thyme sprigs
- 5 fresh rosemary sprigs
- Tbsp. butter, melted

Peach Glaze

2 Tbsp. butter

- 1 large yellow onion, chopped (1 cup)
- 1 cup peach preserves
- 1 cup orange juice
- ½ cup cider vinegar
- 2 tsp. dry mustard
- 1. Preheat oven to 325°F. Place turkey in a roasting pan. Generously sprinkle inside cavity of turkey with salt and pepper. Stuff with peach slices, lemon, and herbs. Tie legs together with kitchen twine. Tuck wings back and under body to prevent burning. Brush turkey with melted butter and generously season with salt and pepper. Roast turkey 21/2 hours. 2. Meanwhile, for Peach Glaze, in a small saucepan melt butter over medium heat. Add onion; cook 5 minutes or until translucent. Stir in preserves, orange juice, vinegar, mustard, and 1 tsp. salt. Bring to boiling. Reduce heat. Boil gently, uncovered, 35 minutes or until thickened. 3. Cut string. Roast 30 to 75 minutes more or until a meat thermometer inserted into the thigh (not touching bone) registers 175°F. Brush with ½ cup of the Peach Glaze the last 20 minutes of roasting. Cover turkey loosely with foil, if necessary, to prevent overbrowning. Transfer turkey to a carving board. Let rest, covered, 15 minutes before carving. Serve with reserved Peach Glaze. Makes 14 servings.

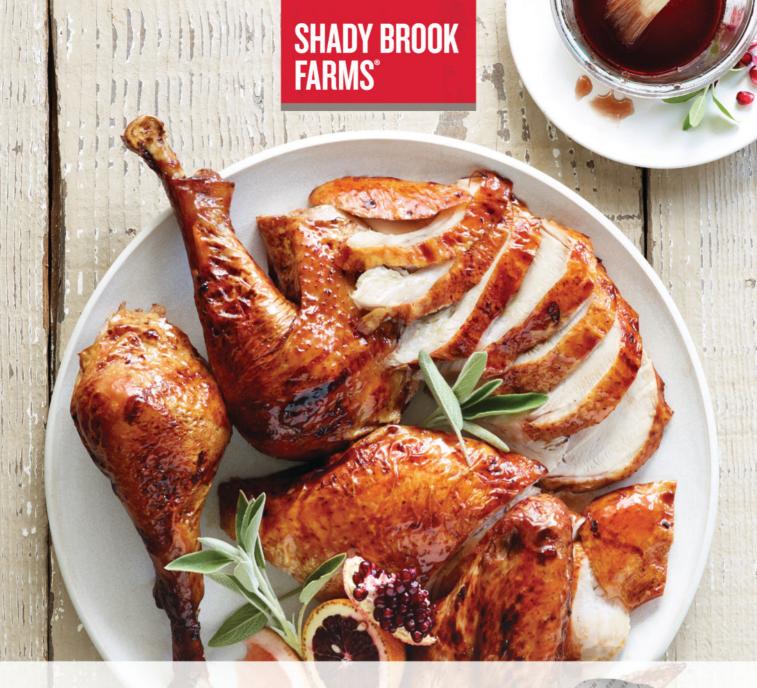
EACH SERVING 559 cal, 19 g fat, 239 mg chol, 803 mg sodium, 19 g carb, 1 g fiber, 70 g pro.

Southern Dressing & Gravy

HANDS-ON TIME 25 min. TOTAL TIME 1 hr., 10 min.

Dressing

- $\frac{3}{4}$ cup butter ($\frac{1}{2}$ sticks)
- 1 medium red onion, chopped (1 cup)
- 2 medium carrots, chopped (1 cup)
- 2 stalks celery, chopped (1 cup)
- 5 cups coarsely crumbled corn bread





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150 15 200



- 5 3-inch biscuits, such as Maw Maw's Biscuits, *page 128*, torn into large pieces
- 3 to 4 cups reduced-sodium chicken broth
- 2 eggs, lightly beaten
- 1/2 to 1 cup whole milk
- 1 Tbsp. chopped fresh sage
- 2 Tbsp. chopped celery leaves

Gravy

- 3 Tbsp. butter
- 3 Tbsp. all-purpose flour
- 1 cup whole milk
- 1 cup reduced-sodium chicken broth
- 1. Preheat oven to 375°F. In a large skillet melt ½ cup of the butter over medium heat. Add onion, carrots, and celery; cook and stir 8 minutes until softened.
- **2.** For dressing, in a large bowl mix vegetable mixture, corn bread, biscuits, chicken broth, eggs, milk, sage, celery leaves, 1 tsp. *salt*, and 1 tsp. *pepper* (mixture will be soupy). Transfer mixture to a 3-qt. baking dish. Cut remaining ½ cup butter into cubes; scatter over dressing. Bake 45 minutes or until browned and 165°F.
- **3.** Meanwhile, for gravy, in a small saucepan heat the 3 Tbsp. butter over low heat. Add flour; whisk constantly until well combined and foamy, about 1 minute. Slowly whisk in milk and broth until thickened and bubbly; cook and stir 1 minute more. Season to taste with *salt* and *freshly cracked pepper*. Makes 18 servings of ½ cup dressing and 2 Tbsp. gravy.

EACH SERVING 239 cal, 20 g fat, 64 mg chol, 628 mg sodium, 20 g carb, 1 g fiber, 5 g pro.

Creamy Corn Casserole

HANDS-ON TIME 25 min. TOTAL TIME 1 hr., 15 min.

- ½ cup butter (1 stick)
- 1 shallot, minced (2 Tbsp.)
- 3 Tbsp. all-purpose flour
- 2 Tbsp. chopped fresh sage
- 2 cups whipping cream
- 2 16-oz. packages frozen whole kernel corn
- 1 sleeve saltines (about 40)
- 2 eggs, lightly beaten
- 2 Tbsp. sugar Roasted red peppers (optional) Fried Sage Leaves (optional), above right
- 1. Preheat oven to 350°F. In a large 4-qt. saucepan melt $\frac{1}{4}$ cup of the butter over medium heat. Add shallot; cook 1 minute. Stir in flour, sage, and $\frac{1}{2}$ tsp. salt. Whisk in cream. Cook and stir over medium heat

- until thickened and bubbly. Stir in corn.

 2. Finely crush half the saltines. Stir into corn mixture along with eggs and sugar. Transfer to a 2-qt. baking dish. Bake, covered, 15 minutes.
- **3.** In a small saucepan melt remaining butter. Crush remaining saltines; add to butter. Toss to coat. Top casserole with crackers and bake, uncovered, about 35 to 40 minutes more or until heated through. Top with peppers and Fried Sage Leaves. Makes twelve ½-cup servings.

Fried Sage Leaves In a skillet heat 1 Tbsp. vegetable oil over medium heat. Add 12 sage leaves; cook 1 minute or until crisp. Transfer to paper towels; drain.

EACH SERVING 342 cal, 25 g fat, 106 mg chol, 82 mg sodium, 28 g carb, 2 g fiber, 5 g pro.

Buttermilk Mashed Potatoes

TOTAL TIME 30 min.

- 4 lb. Yukon gold potatoes, peeled and chopped
- 1 cup buttermilk
- ½ cup milk
- ½ cup butter (1 stick)
- 2 cloves garlic, minced
- 1/4 cup chopped fresh chives
- 1. In a Dutch oven combine potatoes, 1 Tbsp. *salt*, and enough water to cover. Bring to boiling. Reduce heat. Simmer, uncovered, 10 to 15 minutes or until potatoes are fork-tender.
- **2.** Meanwhile, in a small saucepan warm buttermilk, milk, butter, and garlic.
- **3.** Drain potatoes; transfer to a large bowl. Using an electric mixer, beat potatoes while slowly pouring in hot buttermilk mixture. Beat until creamy and smooth. Stir in chives, 1 tsp. *salt*, and ½ tsp. *pepper*. Makes twenty ½ cup servings.

EACH SERVING 102 cal, 5 g fat, 13 mg chol, 172 mg sodium, 13 g carb, 1 g fiber, 2 g pro.

Sweet Potato Casserole

HANDS-ON TIME 15 min. TOTAL TIME 1 hr., 50 min.

- 6 lb. sweet potatoes
- 1 cup self-rising flour
- 1 cup packed light brown sugar
- 1 cup butter (2 sticks)
- 1 7-oz. jar marshmallow crème
- 2 tsp. vanilla
- 1 cup fresh cranberries
- **1.** In an 8- to 10-qt. pot of boiling water cook sweet potatoes until tender, about 25 to 30 minutes. Drain. Set aside until cool enough to handle.

- Meanwhile, for topping, in a small bowl combine flour, sugar, and ½ cup of the butter. Using your hands or a pastry blender, cut butter into flour until large clumps form. Freeze on a baking tray until ready to use.
 Preheat oven to 350°F. Remove skin from potatoes. Return to pot. Mash with
- from potatoes. Return to pot. Mash with a potato masher. Melt remaining butter. Add to potatoes with marshmallow crème, vanilla, and 1 tsp. *salt*; stir to combine. Transfer mixture to a 3-qt. rectangular baking dish.
- **4.** Pile frozen crumb topping over sweet potato mixture. Top with cranberries. Bake 45 to 50 minutes or until lightly golden. Makes twenty-six ½-cup servings EACH SERVING 206 cal, 7 g fat, 19 mg chol, 253 mg sodium, 34 g carb, 3 g fiber, 2 g pro.

Kale Salad with Dates

TOTAL TIME 35 min.

- 1½ lb. red or green kale, stemmed, chopped, rinsed, and dried (15 cups)
- 5 Tbsp. lemon juice
- 1/4 cup extra-virgin olive oil
- 2 Tbsp. honey
- 1 shallot, minced
- $\frac{1}{2}$ tsp. crushed red pepper
- 1 Honeycrisp apple, cored and sliced
- 1 cup pecan halves, toasted and chopped
- '2 cup pitted dates, chopped (10 dates)
 oz. Pecorino Romano cheese, shaved
- **1.** In a large salad bowl combine kale, 3 Tbsp. of the lemon juice, and ½ tsp. *kosher salt*. Massage kale 5 minutes to tenderize.
- **2.** In a screw-top jar combine the remaining lemon juice, olive oil, honey, shallot, 1 tsp. *kosher salt*, and crushed red pepper. Shake well.
- **3.** Toss kale with apple, pecans, dates, and cheese. Add dressing; toss to coat. Makes twenty-four ½-cup servings.

EACH SERVING 105 cal, 7 g fat, 4 mg chol, 125 mg sodium, 10 g carb, 2 g fiber, 3 g pro.

Black Walnut Cake

HANDS-ON TIME 45 min. TOTAL TIME 1 hr., 45 min.

Cake

- 2 cups granulated sugar
- ½ cup butter, softened (1 stick)
- ½ cup shortening
- 4 eggs
- 31/2 cups all-purpose flour
- 2 tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- $1\frac{1}{2}$ cups buttermilk
- 2 tsp. vanilla
- $1\frac{1}{2}$ cups black walnuts, ground

Cream Cheese Frosting

- 2 8-oz. packages cream cheese, softened
- cup butter, softened (2 sticks)
- 8 cups powdered sugar
- 1 Tbsp. vanilla
- **1.** Preheat oven to 350°F. Grease three 9-inch round cake pans; set aside.
- 2. For cake, in a large bowl beat sugar, butter, and shortening using an electric mixer until light and fluffy. Add eggs, one at a time, beating well after each. In a separate bowl combine flour, baking soda, and salt. Add to butter mixture alternately with buttermilk, mixing well after each addition. Stir in the vanilla and ground walnuts.
- **3.** Divide batter among prepared pans. Bake 25 minutes or until a toothpick inserted near center of each comes out clean. Cool in pans completely. Remove from pans; transfer to cooling rack.
- **4.** Meanwhile, for Cream Cheese Frosting, in a large bowl beat cream cheese with an electric mixer until creamy and smooth. Beat in butter. Slowly beat in powdered sugar and vanilla until smooth.
- 5. To assemble, frost cake using about 1 cup frosting between layers. Makes about 16 servings. EACH SERVING 841 cal, 42 g fat, 125 mg chol, 514 mg sodium, 107 g carb, 2 g fiber, 10 g pro.



THE RELISH TRAY

For Kimberly, nothing completes a Southern Thanksgiving table like a tray of pickles and relishes. Whether at home or at Blackberry Farm, she sets out favorites from the Blackberry Farm Shop. Top to bottom: Preserved Tiny Tomatoes, Pickled Ramps, Purple Pickled Cabbage (blackberryfarmshop.com).



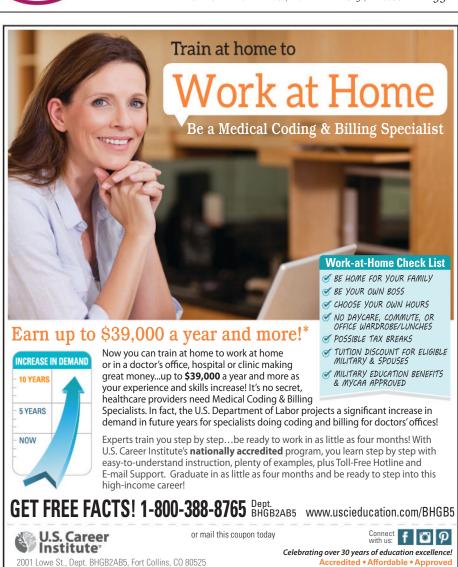


MORE FROM KIMBERLY

Kimberly shares more holiday favorites plus everyday recipes in her cookbook, Oh Gussie! Cooking and Visiting in Kimberly's Southern Kitchen (William Morrow Cookbooks; \$29.99). The title comes from her favorite expression—something she uses when she needs "a good clean saying." This season, look for Kimberly's Oh Gussie dinnerware, left, and serveware at Cracker Barrel Old Country Store (crackerbarrel.com).

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BAKE IT EASY Story begins on page 115.

Cornmeal Butter Cake with Pomegranate Sauce

A pomegranate yields about ³/₄ cup seeds. To save time, look for fresh pomegranate seeds (also labeled arils) in the produce section of your grocery store.

HANDS-ON TIME 15 min.

TOTAL TIME 1 hr., 10 min.

- 2 cups all-purpose flour
- 1½ cups sugar
- ½ cup white cornmeal
- 2 tsp. baking powder
- ½ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 4 eggs
- 1½ cups buttermilk
- 1 cup butter, melted (2 sticks)
- 1 recipe Pomegranate Sauce, below

1. Preheat oven to 350°F. Grease and flour a 10-inch fluted tube pan; set aside. In a large bowl whisk together flour, sugar, cornmeal, baking powder, baking soda, and salt. Add eggs, buttermilk, and butter. Whisk to combine. Pour into prepared pan. 2. Bake 40 minutes or until a toothpick inserted near center comes out clean. Cool in pan on a wire rack 15 minutes. Remove from pan; cool completely. Spoon Pomegranate Sauce over cake. Makes 12 servings. Pomegranate Sauce In a medium saucepan combine 2 cups pomegranate juice, ½ cup sugar, and 2 Tbsp. lemon juice. Bring to boiling; reduce heat. Simmer, uncovered, 35 to 40 minutes or until thickened, stirring occasionally. Remove from heat. Stir in 1 cup pomegranate seeds. Cool. Make ahead When cake is completely cool, wrap in foil (cut cake into quarters, if

desired). Store in a resealable plastic bag in the freezer up to 3 months. Thaw at room temperature 2 hours before serving.

EACH SERVING 434 cal, 18 g fat, 105 mg chol, 412 mg sodium, 64 g carb, 0 g fiber, 6 g pro.

Bourbon Cranberry Chippers

Dried cherries would be equally delicious in place of the cranberries.

HANDS-ON TIME 30 min.

TOTAL TIME 1 hr., 50 min.

- 1 cup dried cranberries
- ½ cup bourbon
- 1 cup butter, softened (2 sticks)
- 1 cup packed brown sugar
- ½ cup granulated sugar
- 1 egg
- 1 tsp. vanilla
- $2\frac{1}{2}$ cups all-purpose flour
- 1 cup regular rolled oats
- 1 tsp. baking soda
- 8 oz. semisweet chocolate, chopped
- ½ cup macadamia nuts, chopped
- $\begin{tabular}{ll} 1 & recipe Bourbon Ganache, $below$ \\ & Flaked or coarse sea salt (optional) \end{tabular}$
- 1. In a small bowl combine cranberries and bourbon. Cover; let stand 1 hour (do not drain).
- 2. Preheat oven to 375°F. Line cookie sheets with parchment; set aside. In a large bowl beat butter 30 seconds. Add sugars; beat until combined. Add egg and vanilla; beat until combined. Add flour, oats, and baking soda; beat until combined. Stir in chocolate, nuts, and cranberry mixture.

 3. Shape into 1½-inch balls. Arrange
- 3. Shape into 1½-inch balls. Arrange 2 inches apart on prepared cookie sheets. Using your thumb, make an indent in the center of each ball. Bake 8 to 10 minutes or until lightly browned. Remove cookie sheet to a wire rack. Using the rounded side of a teaspoon measure, re-press indents and carefully press in edges, if necessary, to reshape cookies. Cool 2 minutes. Remove cookies to wire rack; cool completely.
- **4.** Spoon Bourbon Ganache into the indents. Let stand until slightly firm or chill 10 to 15 minutes until firm. Sprinkle with salt. Makes 46 cookies.

Bourbon Ganache Place 1 cup *semisweet chocolate pieces* in a small heatproof bowl; set aside. In a small saucepan bring 1 cup *whipping cream* to a simmer. Pour over chocolate; let stand 5 minutes. Stir until smooth. Stir in 1 Tbsp. *bourbon*. Let stand 15 minutes to thicken slightly.

Make ahead Prepare through Step 3. Store in an airtight container in the freezer up to 3 months. To serve, prepare Bourbon Ganache. Remove cookies from freezer. Spoon ganache over. Thaw 30 to 45 minutes. (Ganache will set on chilled cookies as they thaw.)

EACH COOKIE 176 cal, 10 g fat, 22 mg chol, 64 mg sodium, 21 g carb, 1 g fiber, 2 g pro.

Ginger-Cider Cheesecake

This cheesecake won't keep you in the kitchen for hours, but it does take time to chill. Make it the night before so it has plenty of time to set.

HANDS-ON TIME 45 min. TOTAL TIME 5 hr., 15 min

- 30 gingersnaps (7 oz.), plus more for topping
- 1/4 cup butter, melted (1/2 stick)
- ½ cup plus 1 Tbsp. granulated sugar
- 3 8-oz. packages cream cheese, softened
- $\frac{1}{2}$ cup packed brown sugar
- 3 Tbsp. all-purpose flour
- $\frac{1}{2}$ cup apple cider
- 3 eggs, lightly beaten
- $\frac{1}{4}$ cup finely chopped candied ginger
- 2 Tbsp. grated fresh ginger
- $1\quad \text{recipe Cranberry Glaze, } below$
- 1. Preheat oven to 350°F. For crust, place the 30 gingersnaps in a food processor; process until fine. Add butter and the 1 Tbsp. granulated sugar; process until combined. Press mixture into bottom and $1\frac{1}{2}$ inches up the side of a 9-inch springform pan; set aside.
- 2. For filling, in a large bowl beat cream cheese, the remaining granulated sugar, brown sugar, and flour with an electric mixer until smooth. Beat in cider until just combined. Stir in eggs, candied ginger, and fresh ginger. Pour into crust-lined pan. Arrange additional gingersnaps over top. Place on a rimmed baking sheet. Bake 45 to 50 minutes or until edges puff and center is nearly set.
- **3.** Cool in pan on a wire rack 15 minutes. Use a knife to loosen cheesecake from sides of pan. Cool 30 minutes more. Remove sides of pan. Cool completely. Cover. Chill 3 to 4 hours before serving.
- **4.** To serve, spoon Cranberry Glaze over cheesecake. Sprinkle with *fresh sage leaves*, if desired. Makes 12 servings.

Cranberry Glaze In a small saucepan combine 1 cup *apple cider*, 1 cup *cranberries*, and ½ cup *sugar*. Bring to boiling, stirring to dissolve sugar; reduce heat. Boil gently, uncovered, 25 minutes or until syrupy. Cool. EACH SERVING 462 cal, 27 g fat, 119 mg chol, 369 mg sodium, 51 g carb, 6 g pro.

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McCormick® Classic Roasted Turkey



1 whole turkey (14 lb.), fresh or frozen, thawed 1 tbsp. oil

1 tbsp. McCormick Rubbed Sage

2 tsp. McCormick Garlic Powder

2 tsp. McCormick Paprika

1 tsp. McCormick Ground Black Pepper

1 tsp. salt

PLACE turkey on rack in roasting pan. Brush with oil. Mix seasonings in small bowl. Sprinkle seasoning mixture evenly over turkey. Cover loosely with heavy duty foil.

ROAST in preheated 325°F oven 2 hours, adding an extra 15 minutes per pound for larger turkeys. Remove foil. Roast 1 hour longer or until internal temperature in thigh reaches 165°F, basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes. Reserve pan juices to make gravy or to serve with turkey.

Makes 12 servings.

At McCormick, we believe pure tastes better. That's why our herbs and spices have no added fillers. Just 100% pure flavor. For more great-tasting recipes, visit mccormick.com

Applelicious Sheet Cake

The best apples for baking have sweet and tart flavor and hold up as they cook. For this cake, we love Honeycrisp, Braeburn, and Gala. HANDS-ON TIME 20 min.

TOTAL TIME 1 hr.

- 2 medium baking apples
- 1/3 cup butter, melted
- $1^2/_3$ cups packed dark brown sugar
- 1 cup apple butter
- 2 eggs
- 2 tsp. vanilla
- 12/3 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 cup finely chopped dried apples
- 1 recipe Maple Icing, below
- 1. Preheat oven to 350°F. Grease a 13×9×2-inch baking pan; set aside. Peel, core, and coarsely shred one apple using a box grater; thinly slice remaining apple. Cover; set aside.
- 2. In a large bowl whisk together butter, brown sugar, apple butter, eggs, and vanilla until smooth. Add flour, baking powder, baking soda, and salt; whisk to combine. Fold in dried and fresh shredded apple. Spread batter into prepared pan. Arrange apple slices over batter.
- 3. Bake 40 minutes or until golden and a toothpick inserted near center comes out clean. Remove to a wire rack. Pour Maple Icing over hot cake; spread evenly. Cool completely. Dust with *cinnamon*. Makes 24 servings.

Maple Icing In a small bowl stir together $\frac{1}{2}$ cup *powdered sugar*, 1 Tbsp. melted butter, 1 Tbsp. maple syrup, 1 Tbsp. milk, and $\frac{1}{4}$ tsp. vanilla until smooth. Each serving 209 cal, 4 g fat, 24 mg chol, 141 mg sodium, 43 g carb, 1 g fiber, 2 g pro.

Clementine-Fig Spice Cakes

To make our cover recipe, serve with Cranberry Glaze (from Ginger-Cider Cheesecake, page 134).

HANDS-ON TIME 30 min.

TOTAL TIME 2 hr., 5 min.

COVER

- 3 clementines
- 3 cups sugar
- 1 cup dried figs, stemmed and finely chopped
- 2 cups all-purpose flour
- 2 tsp. apple pie spice
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup butter, melted (2 sticks)
- 3 eggs
- ½ cup milk
- 1 tsp. vanilla
- 1. Using a sharp paring knife, thinly slice clementines (do not peel). In a medium saucepan stir together $1\frac{1}{2}$ cups of the sugar and $\frac{1}{2}$ cup water. Bring just to boiling, stirring to dissolve sugar. Add clementine slices to syrup. Return to a simmer. Simmer, uncovered, 30 minutes, stirring occasionally. Remove slices. Set aside to cool, reserving syrup.
- 2. Preheat oven to 350°F. Grease six 10-oz. custard cups.* Arrange candied clementine slices in the bottom of each; set aside. In a medium microwave-safe bowl combine figs and ½ cup water. Cover with waxed paper. Microwave on high power (100 percent) 3 minutes. Carefully remove bowl. Let stand 15 minutes (do not drain).
- **3.** In a large bowl whisk together flour, remaining sugar, spice, baking soda, and salt. Add butter, eggs, milk, and vanilla. Whisk to combine. Add figs and liquid; stir to combine. Add batter to prepared cups, filling each about ³/₄ full. Place cups in a 15×10×1-inch baking pan.
- **4.** Bake 35 minutes or until cakes spring back when lightly touched. Remove. Cool in cups on a wire rack 10 minutes. Loosen sides of cakes. Invert onto serving platter. Spoon reserved syrup over cakes. Serve warm. Makes 6 cakes.
- *To use a jumbo muffin tin, grease 3-inch cups. Arrange clementine slices in bottom of each. Spoon batter over, filling cups about ³/₄ full. Bake 25 minutes or until tops spring back when lightly touched. Cool in cups 10 minutes; remove. Serve as above. For rum-soaked cakes Cool and wrap in 100-percent-cotton cheesecloth soaked in rum. Wrap in plastic wrap; chill up to 5 days. Unwrap and let stand 30 minutes (or wrap in paper towel and warm in microwave 30 seconds). Serve with syrup as directed.

EACH $\frac{1}{2}$ CAKE 464 cal, 17 g fat, 88 mg chol, 445 mg sodium, 75 g carb, 2 g fiber, 5 g pro. \blacksquare



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McCormick® Turkey Gravy

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food gifts

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BY HALI RAMDENE | PHOTOS BLAINE MOATS FOOD STYLING STEPHANIE HUNTER





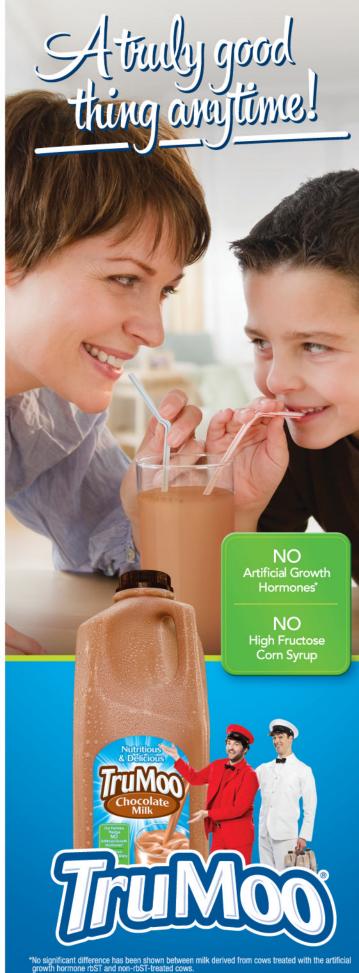


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live well

Smart strategies for a happy, healthy life





order a coffee

Can't wait to swap your daily latte for the seasonal mocha-pumpkin-double whip? Not so fast. Those concoctions can pack 600 calories and 80 g sugar. Indulge wisely with these tips from Sara Haas, R.D.N., a Chicago-based spokesperson for the Academy of Nutrition and Dietetics.

SIZE IT RIGHT

Stick with the smallest cup, which is usually 8 oz.—
and savor each sip.

CHOOSE YOUR ADD-ONS

"With the extra flavor come extra calories since they're in the form of a sugary syrup," Haas says. Pick one or two splurges. Can't pass up the creaminess of whole milk? Skip the whipped cream, which tacks on at least 100 calories. Wait all year for the gingerbread flavor shot? Get it, but hold the caramel drizzle.

MAKE A FEW TWEAKS

Ask the barista to go light on the whipped cream or chocolate shavings. You can also request one pump of flavored syrup instead of the usual two or three. Even better, skip the flavored syrup altogether and ask for a sprinkle of cinnamon or pumpkin pie spice right into your coffee or tea.

—Sharon Liao

family time

Trotting out smiles

It's one thing to commit to running a Thanksgiving Day race; it's quite another to create that race, make it a fund-raiser, and keep it going for eight years. But that's exactly what the Egan family did when they kicked off the Smiles Turkey Trot, a holiday run in Blue Point, New York, to benefit Smiles Change Lives, an organization that donates braces to those in need.

"When we had that first race in 2008, we thought we'd do it for five years," says Christine Egan, who along with her husband, Frank (an orthodontist), and three kids, Jack, 14, Emily, 16, and Frank, 18, runs the show—from designing T-shirts and securing sponsors to handing out race numbers and helping staff water stops. The Egans even continued the race through Christine's breast cancer diagnosis and treatment four years ago.

The event now attracts more than 1,000 people from all over the country (and world) who run or walk the 3.1-mile course. "We're happy to be active on Thanksgiving morning," Christine says. "The kids love it because families run together, and for many of the younger ones, it's their first 5K." After race cleanup, the Egans trek back home for a well-deserved nap, then sit down to a traditional meal. "This race is our family's way of celebrating the holiday," Christine says. "It's a win-win; we get healthy and give back while helping others do the same." —Lambeth Hochwald



Find Thanksgiving Day races near you: active.com

CLEAN SWEEP

Your kitchen will get a lot of action over the next two months. Now's a good time to tackle these hot spots:

THE FRIDGE Make space: Go through condiments and toss anything not used in six months. Then wipe around what's left.

THE SINK Your main offender: the sponge. Start fresh with a new one, and have a few on hand for when it gets yucky (about every three weeks). Try the two-sponge trick: Keep one color for the dishes, another for the sink and counters.

THE PANTRY Spices don't last forever.
Get rid of any you haven't used in a year,
and mark the bottom of each new
spice with the date it's opened.



HE FIGHTS DIRTY no matter how dirty DIRTY S

NO MATTER WHERE THEY ARE, TOUGH MESSES DON'T STAND A CHANCE WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.







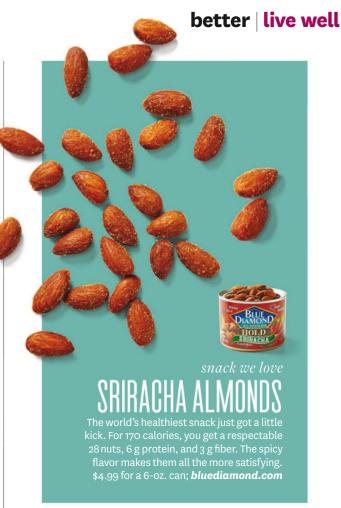
WHEN IT COMES TO CLEAN THERE'S ONLY ONE



Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.







pretty healthy

Dream cream

Beauty sleep is no joke: While you snooze, your skin repairs itself. A night cream can enhance the process, but only with the right ingredients, says dermatologist Joshua Zeichner, M.D. The best creams have these three:

RETINOL It's the über anti-ager that doctors recommend to help smooth out fine lines and wrinkles.

ANTIOXIDANTS They're crucial to counteracting damage from the sun's rays. Your night cream should have resveratrol, vitamin C, or vitamin E.

HEAVY-DUTY MOISTURIZERS Your cells lose water and that youthful plumpness—while you sleep. Hyaluronic acid, ceramides, glycerin, shea butter, or any combination of the four will help skin stay hydrated. ■







Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:

- are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture
- cannot use another osteoporosis medicine or other osteoporosis medicines did not work well

🞇 Important Safety Information

Do not take Prolia® if you: have low blood calcium; or are pregnant or plan to become pregnant, as Prolia® may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia®.

What is the most important information I should know about Prolia®?

If you receive Prolia®, you should not receive XGEVA®. Prolia® contains the same medicine as XGEVA® (denosumab)

Prolia® can cause serious side effects: Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.

Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

Severe jaw bone problems (osteonecrosis) may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia®. You may need to go to the hospital for treatment.



For women with postmenopausal osteoporosis at high risk for fracture: there's Prolia®.

orolia® is different: It's 2 shots a year.

It's proven to help strengthen bones.

Prolia® is also proven to:

- Significantly reduce fractures of the spine, hip, and other bones
- Help increase bone density

Is Prolia® right for you? Ask your doctor today.

Prolia® is a medicine that may affect the ability of your body to fight infections. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Bone, joint, or muscle pain. Some people who take Prolia® develop severe bone, joint, or muscle pain.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands) located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- · Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Medication Guide on the next page.

Ask your doctor about your bone strength and if Prolia® is right for you.



2 shots a year proven to help strengthen bones.

www.prolia.com

WORLD



BRIEF SUMMARY OF MEDICATION GUIDE Prolia® (PRÓ-lee-a) (denosumab) Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia

What is the most important information I should know about Prolia?

If you receive Prolia, you should not receive XGEVA $^{\circ}$. Prolia contains the same medicine as Xgeva (denosumab).

Prolia can cause serious side effects including:

· Serious allergic reactions.

Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction. Symptoms of a serious allergic reaction may include:

- low blood pressure (hypotension)
- trouble breathing
- throat tightness
- swelling of your face, lips, or tongue
- rash
- itching
- hives

Low calcium levels in your blood (hypocalcemia).

Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- · Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.

· Severe jaw bone problems (osteonecrosis).

Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia. Ask your doctor or dentist about good mouth care if you have any questions.

· Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

· Serious infections.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection

Prolia is a medicine that may affect the ability of your body to fight infections. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.

Call your doctor right away if you have any of the following symptoms of infection:

- Fever or chills
- · Skin that looks red or swollen and is hot or tender to touch
- · Fever, shortness of breath, cough that will not go away
- · Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

· Skin problems.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:

- Redness
- Itching
- Small bumps or patches (rash)
- . Your skin is dry or feels like leather
- Blisters that ooze or become crusty
- · Skin peeling

· Bone, joint, or muscle pain.

Some people who take Prolia develop severe bone, joint, or muscle pain.

Call your doctor right away if you have any of these side effects.

What is Prolia?

 $\label{proline} \mbox{Prolia is a prescription medicine used to:} \\$

- Treat osteoporosis (thinning and weakening of bone) in women after menopause ("change of life") who:
- are at high risk for fracture (broken bone).
- cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

Who should not take Prolia?

Do not take Prolia if you:

- · have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a
 complete list of ingredients in Prolia.

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- · Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right
 away if you become pregnant while taking Prolia.
 - Pregnancy Surveillance Program: Prolia is not intended for use in pregnant women. If you
 become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen's Pregnancy
 Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program
 is to collect information about women who have become pregnant while taking Prolia.
- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You
 and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- . You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

- See "What is the most important information I should know about Prolia?"
- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- · Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- · Do not shake Prolia.
- · Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

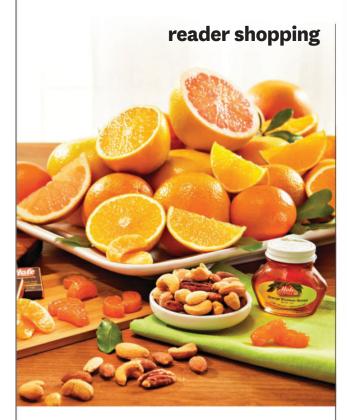
What are the ingredients in Prolia?

Active ingredient: denosumab

Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide

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My lifestyle gave me wrinkles

iana is 29 years old and works as a sales assistant in Copenhagen. "I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20's, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs.

I had tried other products from New Nordic with good results so when I noticed they had a skin care tablet, I bought the product right away. The price was surprisingly low compared to other skin products I have at home.

Now, I have used the tablets for 6 months and they really work for me. I am ready to get rid of my bangs and show my forehead again. I don't feel like stopping the tablets because I feel my skin looks better, tighter and healthier. Skin Care will surely be part of my daily skin care routine now."

Diana, Copenhagen

YOUR SKIN **TABLET**

New Nordic introduces Skin Care™ - a new supplement designed to activate your skin's cells to generate more anti-wrinkle collagen and help your skin stay healthy and youthful looking. The ingredients will better reach the deepest layers of your skin where no anti-aging cosmetic serum reaches.



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is "lame," yet your teen will take

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You don't have to get them to get what they want to eat.

The New Walking Taco from Lunchables Uploaded.
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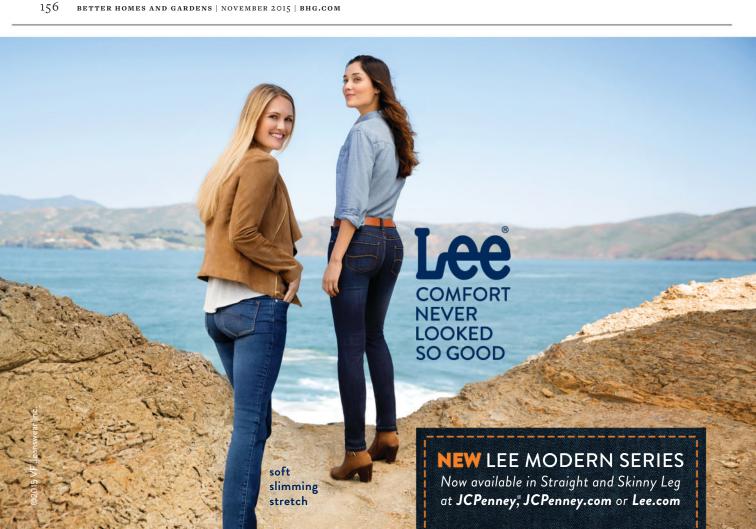




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the good kid project

making the grade

BY ELIZABETH LOMBARDO, PH.D.

OUESTION

My child is having trouble in school, but is so frustrated that she doesn't want to study.

How can I help?

ANSWER

While it can certainly be difficult to watch your child struggle, this is also a great chance to nurture important life skills, such as perseverance and stress management. Resist the urge to hire a tutor right away, and brainstorm with your child how she can navigate the situation and improve. Because she's already frustrated, take an empathetic approach: Talk about how hard it is to struggle in a particular subject (maybe you have a similar experience to share) and how it's not an all-or-nothing deal. Just because a certain subject isn't coming easily—or even if she gets a failing grade—that doesn't mean *she*'s a failure. The goal isn't just to get a better grade, but to help her learn to problem-solve. Reframe the situation as a puzzle she can figure out.

The next step is to discuss how she can budget her time and energy to put in the extra work. Talk to the teacher for pointers to support and guide your child's efforts. For example, when it comes to homework, it might be best to tackle the difficult subject first when her focus is fresh. Or she could try exercising or listening to music to relax before she jumps into her studies.

A tutor should come into play only after you've tried your own plan for a set time, which you can discuss with the teacher. Defaulting to outside help sends your child the message that she can't do this on her own, when she might very well be able to. Working through a setback will give her the confidence to take on other challenges that come her way.



ELIZABETH LOMBARDO, PH.D.

Clinical psychologist and author of *Better Than Perfect*. Send her a question at *goodkid.project@meredith.com*.

MEDIA MATTERS A stick-with-it approach

A stick-with-it approach helps the main characters in these movies push past obstacles and succeed. **Antz** (PG) Z, the worker ant, feels inferior to his compatriots until he takes on a challenge—and succeeds.

Stand and Deliver (PG) A math teacher helps kids at an East Los Angeles high school tap into their academic potential. True story!

Friday Night Lights Good for teenagers, this popular TV series tells the story of the struggles, wins, and losses of a small-town high school football team. ■



ALRICO, FL Teacher and blogger at littleredbirdkitchen.com

DIABETES CASE FILES

IHALK

Scan the health headlines, and you'll see diabetes is a pressing issue in the United States. But not all the stories are negative: Research shows that simple lifestyle changes can head off and even help reverse the condition. Each of these three women faced the threat of diabetes and changed her health destiny.

STANDING UP TO THE REALITY

Diabetes has figured in Charlene (Charlee) Crawford's life since 1997, when she was 14 and a doctor warned that she had prediabetes. At 18, she was diagnosed with diabetes and went on medication, but it wasn't until 2010 when she saw a photo of herself that she realized how much extra weight she was carrying. "I started to cry," Charlee says. She joined Weight Watchers, and over the next eight months, she lost 40 pounds and was able to go off all meds.



Me and my sister in 1989

BY THE NUMBERS Thanks to her weight loss, Charlee's blood sugar levels dropped from an A1c (a test that shows average blood sugar over two to three months) of 7.6 percent to a nondiabetic 5.3 percent. Even though she's fighting a 10-pound weight creep, she's still medication-free.

NEW MATH Dinner used to be all protein and starch, but now it's 3 to 4 oz. lean protein "and as many vegetables as I can fit," Charlee says. "If I don't have time to prep fresh veggies, I use those ready-to-go steam pouches."

BIGGEST CHALLENGE Exercise. "I try for 30 minutes on the elliptical and 15 minutes of weights four times a week," Charlee says. "But to motivate, sometimes I have to remind myself that, on Weight Watchers, working out earns me extra points to indulge a little."

EARLY WARNING SYSTEM

"When my 'fat jeans' start feeling snug, it's like my body pushing the big red button that says 'Eat with caution!'"



With my boys, Aiden and Elijah, Christmas 2014

WHY DO SO MANY

There are positive and negative reasons behind the steady rise of cases since the late 1950s. First, the downside More Americans than ever are ate steak, butter, and ice cream regularly, but they ate smaller quantities less often, and they were more active.

Now, the upside We're living longer (diabetes risk goes up as you age). Diabetes treatments have improved dramatically since the 1990s, increasing the number of people living healthier lives with the disease.

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PRINCETON, NJ Career services executive, Princeton University

lidnete Tyck-Ponder

REWRITING A FAMILY HISTORY

Michele Tuck-Ponder never wondered if she'd develop diabetes, only when. Both her mother and sister died from complications from the disease. So in 2012, when Michele's blood sugar levels began to rise, she went into high gear to stay healthy for her kids. She tried a bunch of diets—"low-carb, no-carb, paleo, vegan, you name it"—until she hit on a plan called The Max Challenge. It's an hour of boot camp five days a week (at 6 a.m.!) and a diet of lean protein, high-fiber carbs, and vegetables. Also invaluable: support from DiabetesSisters, a group for women affected by diabetes.

BY THE NUMBERS Michele's blood sugar levels have fallen from an A1c of 6.2 percent (full-blown diabetes) to a healthy 5.7 percent.

IN MEMORY "My mother died from diabetes complications at age 53, when I was just 24," Michele says. "She never met my husband or kids. And my sister died from complications at 47. I think about all they never did. My job is to set a healthy example so my kids will have better lives."

BIGGEST CHALLENGE Planning. "I used to make one meal for me, and one for my family, which meant finding time to shop and cook for all," Michele says. "But now, if my dinner is pork chops and string beans, that's their dinner, too."

STAYING MOTIVATED In Michele's workout group, a man around 70 years old can do a four-minute side plank; one woman has multiple sclerosis. "When I feel like skipping a workout," she says, "I think of them and ask myself, *And what is your problem?*"

JUST REWARDS "When I'm tempted to grab a cookie, I remind myself that I get one 'cheat' meal a week," she says. "But the longer I eat healthier, the less I want to go crazy when I do get my treat meal."



Me with Man and my two sisters in 1978

Jamaica, in 2012





CATCHING IT EARLY

It was during a routine checkup that Melissa Renner got the unexpected news: Her blood sugar was a little high. She certainly didn't seem like a candidate for diabetes. Though slightly overweight (at 5-foot-2 and 146 pounds), Melissa had been a runner and now biked and walked regularly. But when she checked out her numbers on the American Diabetes Association website and saw that she met four of the criteria for prediabetes, Melissa enrolled in the YMCA's 16-week Diabetes Prevention Program. "I didn't want to wait around for things to get worse," she says.



BY THE NUMBERS When she started the program, Melissa's Aic level, 5.7 percent, was just at the low end of the prediabetes diagnosis. She finished 18 pounds lighter and with a healthy Aic of 5.4 percent.

BIGGEST SURPRISE "How much fat I had been eating!" Melissa says. "I'd just pour on the olive oil, thinking it was healthy and not worrying about the amount." She calculates that her daily fat intake had been 70 to 80 g; her revised goal: 33 g.

VEGGIE TRICK

"I'm not a huge fan of salads," Melissa says, "but I experimented until I figured out I really love grilled or roasted vegetables." Her new favorite: oven-dried cherry tomatoes that she makes herself.

EMOTIONAL SUPPORT On the program, Melissa says she sometimes felt a little sad. "I love to cook. I love to eat. It was hard not to feel deprived," she says. "But I'd look at my journal and see all of the smiley

faces next to the healthier foods I'd been preparing and feel good about how much I'd accomplished."

before the Indy half on May 5, 2012!



In my 20s with my niece, Jamie Lynn, around 1992



KNOW YOUR NUMBERS

Staying on top of your blood sugar stats is a big part of stopping diabetes in its tracks. Experts say you should get screened every three years starting at age 45. But if you have any risk factors, including a BMI of 25 or more, high blood pressure, or a parent or sibling with the disease, your doctor might want to run one or both of these tests earlier and/or more often:

Fasting Plasma Glucose

(FPG) Your blood sugar first thing in the morning, before you've had anything to eat.

HEALTHY less than 100 mg/dl

PREDIABETES 100 mg/dl-125 mg/dl

DIABETES 126 mg/dl and above

A1c

Your average blood glucose over the past two to three months. Doesn't require fasting.

HEALTHY 5.6 percent and lower

PREDIABETES 5.7 percent-6.4 percent

DIABETES 6.5 percent and above ■



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IMPORTANT RISK INFORMATION

Who should not take NAMZARIC?

NAMZARIC should not be taken by anyone who has an allergy to memantine HCI, donepezil HCI, medicines that contain piperidines, or any of the ingredients in NAMZARIC.

What should be discussed with the healthcare provider before taking NAMZARIC?

Before starting NAMZARIC, talk to the healthcare provider about all of the patient's medical conditions, including:

- heart problems including an irregular, slow, or fast heartbeat
- asthma or lung problems
- seizures
- stomach ulcers
- bladder, kidney, or liver problems
- any surgical, dental, or other medical procedures scheduled when anesthesia may be used

Tell the healthcare provider about all the medicines the patient is taking, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

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Please see Brief Summary of Patient Information for NAMZARIC on reverse side.

What are the possible side effects of NAMZARIC?

NAMZARIC may cause serious side effects, including:

- muscle problems in patients given anesthesia
- slow heartbeat and fainting. This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking NAMZARIC
- · more stomach acid. This raises the chance of ulcers and bleeding especially when taking NAMZARIC. The risk is higher for patients who have had ulcers, or take aspirin or other NSAIDs
- nausea and vomiting
- difficulty passing urine
- seizures
- worsening of lung problems in people with asthma or other lung disease

The most common side effects of memantine HCl include: headache, diarrhea, and dizziness.

The most common side effects of donepezil HCl include: diarrhea, not wanting to eat (anorexia), and bruising.

These are not all the possible side effects of NAMZARIC.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1.800.FDA.1088.

For more information, call 1.844.626.9274.



Brief Summary
of Important Risk Information
NAMZARIC [nam-ZAIR-ick]
(memantine hydrochloride
extended-release and
donepezil hydrochloride)
capsules



This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is NAMZARIC?

NAMZARIC is a prescription medicine used to treat patients with moderate to severe Alzheimer's disease. NAMZARIC contains 2 medicines, memantine HCl and donepezil HCl. NAMZARIC is for people who are currently taking and can continue to take certain doses of memantine HCl and donepezil HCl.

Who should not take NAMZARIC?

NAMZARIC should not be taken by anyone who is allergic to memantine HCl, donepezil HCl, medicines that contain piperidines, or any of the ingredients in NAMZARIC.

What should I discuss with the healthcare provider before taking NAMZARIC?

Before starting NAMZARIC, talk to the healthcare provider about all your past and present medical conditions, including:

- heart problems including an irregular, slow, or fast heartbeat
- asthma or lung problems
- seizures
- stomach ulcers
- liver, kidney, or bladder problems
- surgical, dental, or other medical procedures scheduled when anesthesia may be used

Tell the healthcare provider about all the medicines you are taking, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of NAMZARIC?

NAMZARIC may cause serious side effects, including:

- muscle problems if you need anesthesia
- slow heartbeat and fainting. This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking NAMZARIC.
- more stomach acid. This raises the chance of ulcers and bleeding especially when taking NAMZARIC. The risk is higher for patients who had ulcers, or take aspirin or other NSAIDs.
- nausea and vomiting
- difficulty passing urine
- seizures
- worsening of lung problems in people with asthma or other lung disease.

The most common side effects in patients taking memantine HCl include: headache, diarrhea, and dizziness. The most common side effects in patients taking donepezil include: diarrhea, not wanting to eat (anorexia), and bruising. These are not all the possible side effects of NAMZARIC.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How should I take NAMZARIC?

- Take NAMZARIC exactly as your doctor tells you to take it.
- Do not change your dose or stop taking NAMZARIC without talking to your doctor.
- Take NAMZARIC by mouth 1 time each evening before going to bed, with or without food.
- NAMZARIC capsules may be opened and sprinkled on applesauce before swallowing. Sprinkle all of the medicine in the capsule on the applesauce. Do not divide the dose.
- If you do not open and sprinkle NAMZARIC capsules on applesauce, the NAMZARIC capsules must be swallowed whole. Do not divide, chew, or crush NAMZARIC capsules.
- If you miss a dose take NAMZARIC at your next scheduled dose. Do not take 2 doses of NAMZARIC at the same time.
- Do not use any NAMZARIC capsules that are damaged or show signs of tampering.

What if I take more NAMZARIC capsules than I should?

If you take too much NAMZARIC, call your doctor or Poison control center at 1-800-222-1222, or go to the nearest hospital emergency room right away.

What other information should I be aware of?

- The use of NAMZARIC in children is not recommended.
- You should not breast-feed during treatment with NAMZARIC.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMZARIC. Talk to your healthcare provider for more information.

To learn more, go to NAMZARIC.com or call 1-800-678-1605. Please also see full Prescribing Information at NAMZARIC.com.

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healthy eating

sweet potato

High in fiber and protein, this versatile root vegetable goes either way: sweet or savory.

BY MELANIE MANNARINO

You say potato

Just don't call it a yam. Sweet potatoes come in many varieties, ranging in color from white to shades of orange and even purple. Yams are a different root vegetable altogether, native to Africa and the Caribbean, with a smidge more fiber and vitamin C, but less vitamin A.

SKIN IS IN

Eat the skin, otherwise you lose out on 20–30 percent of the protein, potassium, and vitamin A.

Smart carb

When people hear "sweet" and "potato," they get scared, thinking it's a carb bomb. Not true. For 180 calories, one large orange sweet potato has a good dose of fiber (6 g) and protein (4 g), which means that your body slowly absorbs the carb content, and you get a steady supply of energy. It also has more volume per calorie than a processed, packaged carb—which will leave you feeling fuller and more satisfied than, say, bread or white rice.

Nutrient infusion

The sweet potato is a top source of vitamin A and betacarotene (which your body converts to A)—essential to a strong immune system and sharp vision. One large sweet potato also offers 59 percent of your daily vitamin C needs, 45 percent of manganese (helps with calcium absorption and blood sugar regulation), and 24 percent of potassium. Look for sweet potatoes that are weighty and firm. At home, store out of the bag at a cool room temperature. They'll keep for about a month, or until they develop sprouts or soft spots.

SWECT!
You can work
these potatoes
into any meal.

SAUTÉ cubed potatoes for a breakfast hash and top with an egg.

BLEND cooked sweet potatoes and cinnamon into yogurt smoothies.

MIX with green chile and sausage for a burrito filling.

ROAST in chunks and add to a salad instead of croutons.

PUREE and add to chili, macaroni and cheese, or veggie soup.

SLICE and toss with olive oil, salt, and pepper; roast at 450°F on parchment 25–30 minutes, turning once or twice for a crispy finish. ■

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DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

BUTTER UP, pages 28–30 For more recipes and information, visit Elizabeth McBath's company website, Banner Butter;



bannerbutter.com.

HOSTING THE HOLIDAY, pages 33-38

Visit Carrie Morey's company website, Callie's Charleston Biscuits; calliesbiscuits.com. General contracting: Kirk Wood, K. C. Wood Custom Homes, LLC., Mount Pleasant, South Carolina; 843/849-1250. Interior design: Quincy Forester, Quincy Forester Interior Design, Charleston, South Carolina; 843/452-3800; quincyforester.com.

EASY GREENS, pages 42–45 Color experts: Darsi Floersch, Martha O'Hara Interiors, Minneapolis; 952/908-3150; oharainteriors.com.

TRIPLE PLAY, pages 84-86 Architecture and construction:

Todd A. Rabidoux, AIA, architect, Dustin Melzark, project manager, Lakeside Development Co., 1500 W. Market St., Mequon, WI 53092; 262/292-2300; lakesidedevelopment. com. Interior design: Lauren Liess, Lauren Liess & Co., Washington, D.C.; 571/926-7825; laurenliess.com. Kitchen and bath design: Janice Pattee, CKD, CMG, Janice Pattee Design, Indianapolis; 317/938-1581; janicepatteedesign.com.

TURNING OVER A NEW LEAF, pages 92-97

Visit Paul Lowe's website, Sweet Paul; sweetpaulmag.com.

PLEASE NOTE THE FOLLOWING CORRECTION FROM OCTOBER 2015: CUE THE COLOR, pages N2-N4 Produced by Sandra Mohlmann

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a. Total Number of Copies (Net press run):
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b. Legitimate Paid and/or Requested Distribution (By Mail and Outside

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16. Electronic Copy Circulation
Average No. Copies Each Issue During Previous 12 Months
a. Requested and Paid Electronic Copies:
b. Total Requested and Paid Print Copies (Line 15c) + Requested/Paid ота неquested and Paid Print Copies (Line 15c) + неquested/Paid ctronic Copies (Line 16a):
 с. Total Requested Copy Distribution (Line 15f) + Requested/Paid Electronic

Copies (Line 16a): U

d. Percent Paid and/or Requested Circulation (Both Print & Electronic Copies)
(16b divided by 16c x 100):

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RANCH MEATLOAF

INGREDIENTS:

- pound ground beef
- egg beaten
- packet (1 ounce) Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix
- cup dry bread crumbs

DIRECTIONS:

Preheat oven to 350°F.

Mix all ingredients together in a bowl, but avoid excessive handling for a moist meatloaf. Form into a loaf and place in a baking dish or loaf pan.

Bake for 40-45 minutes or until the internal temperature reaches 165°F.

Remove from oven and let the meatloaf stand covered for 10-15 minutes before slicing.

hiddenvalley.com/recipe



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